

NEWSLETTER OF THE SOUTH BENDIGO FOOTBALL NETBALL CLUB

June 2020 Edition

Welcome to your June 2020 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.

PROGRESS CONTINUES ON HARRY TROTT REDEVELOPMENT

Proposed New Pavilion

Greater Bendigo City Councils 2020/2021 proposed budget has been made available for comment. The Budget includes a \$43.5M capital works program with one of the highlights being the allocation of \$1.5m for the commencement of a new pavilion at Kennington Recreation Reserve (Harry Trott Oval). The project has also been allocated \$2m by the Victorian State Government.

Project planning is currently taking place between club representatives, Bendigo United Cricket Club and Council Officers on the buildings design and layout. The detailed plans are not yet available for public distribution but club officials, subject to some minor changes, are pleased with what is being proposed. Project management timelines need to be flexible in the current climate however there is potential for work, commencing with the demolition of the existing old concrete block structure, to get underway before the end of 2020.

Below are some concept impressions of the proposed new pavilion.





New Digital Scoreboard at Harry Trott

A new digital scoreboard has been erected at the Harry Trott Oval as part of continuing improvements to facilitate the club's relocation from the QEO to the Kennington Recreation Reserve.

The scoreboard, which is operated remotely via Bluetooth technology, will provide for more timely score updates and also enable the screening of sponsor promotions and ground information.

This significant addition to the venue was made possible through a Victorian State Government Grant and the generosity of Rick Killian on behalf of the Killian Family, long time South Bendigo supporters and Mclvor Forest Estate.



COMMUNITY FOOTBALL RETURN TO PLAY UPDATE



Following the Victorian State Government advice around the return of community sport, AFL Victoria affiliated community clubs can resume small outdoor group training (up to 20 people) from Monday, 1st June if the following guidelines and protocols are met:

1. Clubs/teams are to strictly adhere to the maximum two (2) groups of 20 participants per group. The groups of 20 do not include a coach or the minimum number of support staff who are reasonably required to manage the activity as per the current Victorian Government restrictions. Two groups of 20 can utilise the same oval provided they do not operate closely together, and the oval is split into two zones. No more than two training groups of 20 per oval at any one time with groups not permitted to interact.
2. Strictly no physical contact between players can occur (i.e. no tackling, no bumping, no marking contests).
3. Social distancing of 1.5m must be maintained at all times.
4. No access to communal changerooms or wet areas can occur, other than toilets. Access will be permitted for the purpose of one person obtaining equipment, immediately following which the rooms must be locked.
5. Footballs can be used for small outdoor group training, however only limited additional equipment is permitted to be used during training (i.e. field marking cones are permitted).
6. Each club must nominate one COVID Safety Officer and as a minimum this person must undertake the free Australian Government online COVID-19 Infection Control Training prior to recommencement of Club activity. In addition, we strongly recommend the COVID Safety Officer completes the AFL's COVID Protocols Course to assist with interpreting the protocols involved for Returning to Community Football in a COVID-19 environment.
7. A log, or register, using the approved AFL Victoria template, League template, or an online app or similar, which clearly identifies all participants in attendance at each training session MUST be maintained and available upon request by the League, AFL Victoria or health authorities.
8. Return to small outdoor group training should not include NAB AFL Auskick at this stage.
9. The Return to Small Outdoor Group Training hygiene protocols are to be strictly adhered to at all times, with no exceptions.

WHAT DOES SMALL OUTDOOR GROUP TRAINING LOOK LIKE?

- Staggered training schedule (e.g. start times, different days, potential for different locations) with no cross over to manage entry and exit points and help avoid gatherings.
- Training groups of no larger than 20, not including a coach or the minimum number of support staff who are reasonably required to manage the activity.
- Training activities must be non-contact (e.g. no tackling, no bumping, no marking contests).
 - Use of equipment to be limited to footballs and marking cones.
- If pair/group work is required, pairs must be consistent across each training session.
- Specific group activity footballs can be used but must be wiped down after each session.
- Any necessary meetings to occur remotely using video technology.
- Parents or caregivers for junior participants must remain outside the boundary line and observe social distancing and we strongly recommend junior players have a maximum of 1 parent/caregiver present at training.

FIELD LAYOUT FOR SMALL OUTDOOR GROUP TRAINING

- No more than one (1) group of 20 will be permitted per oval (20 people max. training at one time, not including a coach or the minimum number of support staff who are reasonably required to manage the activity).



Maintaining social distancing may have been an issue for this crowd of spectators at the QEO watching the Bloods play Sandhurst in the early 1950's
Photo: @lostbendigo

WITH NO MEMBERSHIPS THIS YEAR HOW CAN I SUPPORT MY CLUB?

The Toyota “Good for Footy” Raffle is a great initiative that can assist our club with vital fundraising as the sponsorship by Toyota allows for 100% of the proceeds to be directed back to our club. Sadly, for The Bloods our supporters are not getting behind this great fundraising effort and we have only managed to accumulate the minor amount of \$400 so far.

Our staple sources of club finances such as sponsorships, memberships and social room functions etc. are not available to us this year due to the impacts of the pandemic and, with the resumption of training and the need to comply with Covid-19 guidelines, we now find ourselves in a negative cash flow situation.

If every Bloods member and supporter were to go online and buy 2 tickets for only \$10, the cost of entry to one home game, it would be such a great help to your club plus it puts you in the running to pick up a great prize as well.



It's so easy to buy a ticket and tickets are only \$5.00 – just go online, see the link below and purchase a ticket or tickets using your credit card and you will go into the draw to win 1 of 10 amazing prizes, including a brand new car. Now that's good for everyone; good for you, good for your club and good for footy.

So, if you are able to support your club simply get online by following the link below and pay using your credit card.

Note: this is an online raffle; you cannot get tickets from the club.

Toyota Good for Footy Raffle - Support South Bendigo Football and Netball Club and Buy a Ticket:

<https://toyotagoodforfooty.raffletix.com.au/southbendigofnc?q=buy>



1STPRIZE
2019 Toyota RAV4



2NDPRIZE
2019 Toyota Camry



3RDPRIZE
2019 Toyota Corolla

SUPPORTING SOUTH BENDIGO – IT'S IN THE BLOOD

A WORD FROM OUR CHAPLAIN

Sporting communities that thrive and experience great on field success are usually built upon a plethora of people utilizing their different gifts and strengths for the wider good of that community. Chaplains have a very important role to play within all of this. They typically move around quietly in the background supporting and encouraging players, families and members of their respective sporting communities. What are they doing? They're loitering with intent as they often do some of their best work behind the scenes when no one else is watching.

Are they effective? From time to time, the work of chaplaincy is brought into the limelight due to some crisis within a sporting community. Warren Tredrea, former captain of the Port Adelaide FC and close friend of the late Phil Walsh was quoted as saying, "...*there is no one more valuable than a trusted and well-respected chaplain – a man or woman of religious faith.*" As he reflected on the passing of his good friend and the assistance that the chaplain had provided within the club, Tredrea made the additional comment saying, "*What separates Chaplains from the rest is that they often do their best work when emotions and stress is at its greatest – in love and loss.*" Sporting communities are always 'better together' when they rely on the collective skills and gifts of each person within their club.

Sports Chaplains across Australia provide a wide range of different services to their clubs including:

- Club-wide care
- Personal support / mentoring
- Suicide and mental health awareness
- Grief, loss and bereavement care
- Marriage and relationship preparation
- Life skills support
- Critical Incident Response & Debriefs

I joined the South Bendigo FNC as the chaplain in late 2015 and really enjoyed getting to meet many in the club during that summer. A couple of years ago, we added a chaplain (Chris Thornton) into our junior football ranks to ensure we were providing club-wide care. It's our absolute privilege to serve in these roles and we look forward to playing our part in the life of the club in 2020 and beyond.

Don't hesitate to be in touch with me via my email at welfare@southbendigofnc.com.au if you need anything.

Loitering with intent...

Dave Lovell - South Bendigo FNC Chaplain



Blood's Chaplains; Chris Thornton & Dave Lovell



NETBALL

Whilst in isolation, the South Senior netball girls have continued their extended preseason. Many taking on the challenge to maintain and improve their fitness, whilst also staying socially connected.

Our squads commenced zoom training sessions in April, with teams seeing this as a valuable time to remain united during what could have been a difficult isolation period. The girls enjoyed these sessions alongside a number of trivia nights and social catchups, with the netball component becoming the second string.

Alongside zoom sessions, the girls have found other outlets to maintain their 1:1 fitness and mental wellbeing.



Our preseason strength and conditioning coach Rino Paluch (Original Bootcamp Bendigo) has been providing “one on one” sessions, which has seen great results achieved by Paige Randall, Stephanie Greene, Sienna Hobbs and Amanda Walters. Other gyms have also been providing our girls online channels to boost their motivation to stay fit and mentally healthy.

Also, A Squad physiotherapy student Julia Twigg created an initiative ‘Move in May’ and has been an outlet for quick and easy exercises at home and healthy recipes available via social media for everyone to access.

B Squad has undertaken a running challenge, throughout May to motivate one another to achieve their running and fitness goals.

Our Facebook page has seen a number of challenges such as ‘pick the baby face’, ‘netball game-day face’ and daily jokes posted for all to get involved.

As of the 21st of May, the Under 17s and A Squad commenced in person group training, in groups of 10. With the season still unknown, the girls are committed and determined to be ready for any decision made by the league but are mostly happy to be in the company of their teammates again.

Congratulations to our B Reserve Coach Emma Tomlins and her family on the exciting news that they are expecting their third child in November 2020.

Amanda Walters

RETURN TO COMMUNITY NETBALL

EFFECTIVE 1 JUNE, 2020



USE OF
OUTDOOR
VENUES ONLY



GROUPS OF UP
TO 20 PLUS
COACH AND/OR
ESSENTIAL SUPPORT
PERSONNEL



MAINTAIN
1.5 METRE
PHYSICAL
DISTANCING



GET IN, TRAIN,
AND GET OUT



IF YOU FEEL
UNWELL,
DO NOT ATTEND



PARTICIPATION
SHOULD BE
OPTIONAL



With the return to Small Outdoor Group Training hygiene protocols are to be strictly adhered to at all times, with no exceptions.

Netballers glad to be back training

KIERAN ILES Bendigo Advertiser MAY 25th 2020



South Bendigo's Stephanie Goode makes the most of the Bloods' return to training.
Picture: BRENDAN McCARTHY

SOUTH Bendigo netballers have welcomed a slice of normality after returning to the training track for the first time in two months.

The Bloods and Kangaroo Flat were the first two BFNL clubs to resume training last Thursday after Netball Victoria gave the green light to teams to return to practice, albeit on a limited and heavily regulated scale.

At Harry Trott Oval, South Bendigo's 17-and-under players were the first to be put through their paces, before making way for their A-grade and A-reserve club-mates.

At least 10 minutes at the start of each the one hour sessions were devoted to a rundown of the strict protocols that are required in relation to player hygiene and keeping club facilities and equipment clean.

A-grade coach and South Bendigo's director of netball coaching Jannelle Hobbs said her players were just rapt to see each other again, many of them for the first time since training was halted due to the coronavirus pandemic.

"They were a little bit rusty some of them, as you would expect, but it was fantastic just to get out there and see everyone again," she said.

"They are a close knit group and have really been missing each other.

"It was only an hour - that's all you are allowed to do at the moment, so they will continue to do their home programs and home fitness for the time being.

"They were just rapt to see each other. We were only missing one player from the A-grade team, which was a great turnout."

The Bloods will continue to train each Thursday in groups of 10 until further notice in the hopes of a season being launched in some form.

A-grade captain Chloe Adams described the first-hit out as a welcome change from the weekly online Zoom training players had been taking part in through their time in isolation.

The Bloods defender, who is also assistant coach of the 17-and-under team, believed players had coped relatively well during the hiatus.

"It's been tough at times ... part of the reason you play sport and netball is that club environment and being around each other," Adams said "Obviously not playing has been hard, but the social side of it has been even trickier. We are so close, so that has made it harder. (But) in a strange way, I think it's made us closer."



South Bendigo vice-captain Keiarah Brooks and captain Chloe Adams. Picture: BRENDAN McCARTHY



JUNIOR NETBALL

Hello everyone, we hope this finds you all well and in good spirits!

Training

With some easing of restrictions recently announced the Junior Netball Committee met last week to discuss a return to training. At this point in time with no start date to our netball season and the increased health and hygiene requirements required to train the Committee has decided that we will not be returning to training at this stage. We will continue to monitor the situation and hope that we will get back to some training soon.

2020 Competition Survey

As advised above the Bendigo Strathdale Netball Association (BSNA) has not indicated whether a season will be held in 2020. The BSNA also met last week and discussed some proposed start dates should social distancing restrictions ease. There was also discussion around whether Clubs were still keen to have a netball competition this year. As such, Clubs were asked to come to the next meeting, mid-June, and advise whether they were keen to participate in a 2020 season. To this end, all our families should have received an email inviting them to complete a short survey in relation to the 2020 season. The Committee will use the results of this survey to advise the BSNA on whether our Club will support a 2020 season being organised. If you are yet to complete the survey, please click on the link to start the survey.

[**BSNA Survey - 2020 Season**](#)

Thank you for your support!

Thank you to everyone who supported us in our annual pie drive. Approximately \$1,000 was raised through your purchases. We really appreciate your support and hope everyone enjoys their Elmore Bakery pies!



Introducing some of our Coaches cont...

Continuing from last month we would like to introduce a few more of our 2020 coaches. We hope to see them in action but until then enjoy some light reading.

Alison Leech – Section 2 Forrester

I have been involved in netball as a player and coach for many years. I began playing netball with Kennington Primary School and then went on to play with friends through high school and after school. I was a supporter of South Bendigo in 1991 when netball was introduced to the Bendigo League but was already committed to playing with friends at West Bendigo. I watched the games being played down at the Camp Hill Primary School. In 1992 I joined South Bendigo and played under Lyn Colbert and a netball court was created just behind the goal posts at the City side of the QEO, our games were always stopped when the footballers would kick a goal and the football would come on to our court.



I remained at the club until the end of the 1996 season when I coached our B grade to a Preliminary Final with my younger sister Hannah who won the league B&F. I then went with my husband to Inglewood Football Club where he coached the senior football side and I was coach of the A & B grade sides for 2 years. After this we moved to Wodonga and for the next 20 years, we both coached and played for most of those years at Wodonga Raiders and Barnawartha Football Netball Clubs. I was lucky enough to have played in 4 A grade premierships and coached for 3 of those. My passion is coaching juniors, and this came from my coaching at the local Rep level and coaching Wodonga Raiders Under 16 side work out

I am look forward to working with all the Section 2 team members and working with Kristy Darroch.

My other interests include tennis, gardening and spending time with my family. I have 2 children a daughter studying at University in Melbourne and a son at High School.

Kate Buckner & Tanya O'Gorman – 13/Under Leech & Grade 6 Symons

Kate and Tanya are Co-Coaching the Grade 6 Symons and Under 13 Leech for the 2020 season. They have been coaching together at St Joseph's Primary School for the last three years and prior to that helped co-ordinate the schools Net Set Go program for several years. They both began playing in primary school, Tanya with a local country league and Kate with the Golden City Netball Association and Kate continues to play in a ladies social competition. Last year they took their Grade 5/6 team to become runners up in the Golden City Section One Under 13's competition and a team of Grade 5 players to runners up in the Golden City Under 13's Twilight competition. Being their first year with the club they are both excited to be a part of the South Bendigo family and look forward to getting back into training and helping their players get the most out of their netball.



Kristin McManus – 13/Under Brown



I had a great love for netball as a child and my mother coached my team as a young girl. I was fortunate enough to be selected for regional netball in my early teens, however,

one of my greatest memories was playing twilight netball with my mother and sister, and another mother and her two daughters.

I now feel very privileged to coach both mine and your own daughters, and It's amazing how quickly I've become attached to their lovely personalities.

Jessica Georgeson 13/Under Wastell



Jessica joined the Club in 2018 after finishing her primary school netball with St Therese's. Having played for six years she decided to turn her hand to coaching and is looking after one of the four 13/Under teams. Whilst not having coached before she has her mum, Nicole helping when required. Jess is hoping to help her players to develop not only their skills but their love of netball.

Chloe Harding – Grade 5 Hiatt

I have been playing with South Bendigo for six years and coaching for them for four years previously I played with St. Kilian's netball club for four years. This year I am coaching the grade 5 Hiatt team and I'm really looking forward to the season with an amazing group of girls and I can already tell we are going to have lots of fun. I have coached a team that has made it to the grand final and another team that has made it to the preliminary finals. This year I am playing in the section 2 Dillon team as this will be my last year playing with the junior club I hope to finish on a high. I am a defender and my preferred position is GK. I am looking forward to getting to know all the girls and their families better and I am really looking forward to getting back on the court.



Go South!



SPONSOR OF THE MONTH

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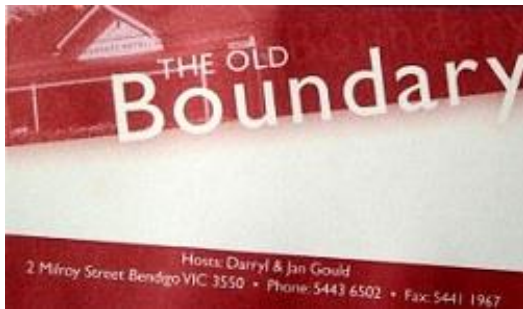
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SOME MAJOR SPONSORS GETTING BACK INTO OPERATION



That's right! We're back.

FROM Monday 1st June.

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Walk-in is available, but bookings preferred so we can keep you distanced from other tables.

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FOOTBALL

SNAPS FROM THE SIDELINES

In the absence of any on field footy action we have decided to revisit some of the “great grabs” taken by Bloods players over the last couple of years.



Liam Bartels



Josh Wiffen



Liam Bartels



Kieran Strachan

THE YEAR 1910

In the absence of any football so far in 2020 we continue our series on South Bendigo Premierships won in the year starting off a new decade. In 1910 South Bendigo defeated California Gully to win the Club's 7th Premiership.

SOUTH BENDIGO PREMIERS

The attendance at the Upper Reserve to witness the match between South Bendigo and California Gully for the premiership of the district was the largest that has assembled at any match locally this season. Both teams were well represented, South's only prominent absentee being Angus McDonald.

The game, after being a good contest, resulted in a victory for South Bendigo by 11 points and the red and whites thus secure the premiership of the district.

South Bendigo's team were:

Backs: O'Dea, Spencer, Foster
Half Backs: Williams, Mills, Bryant
Centres: Keating, Bamford, Cook
Half Forwards: Fielding, Forbes, Wright
Forwards: Barlow, Craven, O'Neil
Followers: Scadden, Daykin
Rover: Rosewall

Final Scores

South Bendigo: 5:9-39 California Gully: 3:10-28

Goal Kickers: South Bendigo – Craven 2, Barlow 1, O'Neil 1, Mills 1



South Bendigo Football Club 1910 Bendigo Football League Premiers

Safer Speeds

**Together we can change
road safety for good.**



Speed is one of the major factors contributing to accidents on Victoria's roads, and while TAC statistics show less people are speeding, they also show people still see speeding at low levels as acceptable.

As speed increases, so does the risk of crashing and being seriously injured or killed. Reducing speed can result in a significant reduction in road trauma.

Risks of speeding

The risk of speeding is high. When you speed it means you:

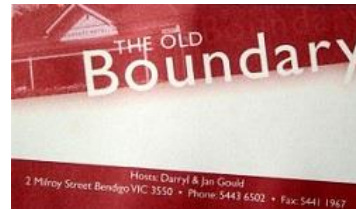
- need more distance to stop to avoid a crash
- have less time to react to changes in the road, traffic conditions or the actions of other drivers
- are at a higher risk of dangerous situations such as veering onto gravel and losing control of the vehicle

If you crash at higher speed it means:

- your body is subjected to greater force causing severe injury or death
- the effectiveness of seatbelts and airbags is reduced
- pedestrians or cyclists will almost certainly be killed if struck by a vehicle at higher speeds and severely injured at lower speeds



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