



AMPJFC HAWKS



Applecross Mount Pleasant Junior Football Club

Upcoming Dates

- ♦ **Saturday 18th May - Superhero Round (Auskick).** Come to Auskick dressed as your favourite superhero to raise funds for cancer (gold coin donation)

https://www.youtube.com/watch?v=Ne_hY51G8_Y&feature=youtu.be

<http://www.superkidssuperheroes.com.au>

- ♦ **Friday 24th May - Sundowner featuring Mums Vs Auskickers @ Gairloch at 5pm.**



Auskick News

Almost 100 Auskickers unleashed on Gairloch oval on Saturday 4th May with squeals of excitement. It was a flurry of activity with the Year 1s and 2s keen to get a football in their hands. The PPs didn't need much encouragement as they took to the park bursting with energy and enthusiasm.



Auskick Coordinator Danielle Priestly's Report:

This year has seen a new and improved Auskick 2.0 rolled out across WA which the Hawks coaches, players and parents have embraced. The new structure encourages smaller group sizes and better adult to kid ratios, allowing every player to get way more touches of the footy! Our youngest club members are absolutely loving it as they get more opportunities to practice, improve and refine their skills, and they are exhausted by the end of each session from all the grid game action!

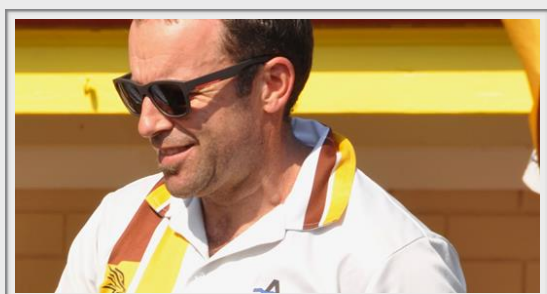
The month of May is packed with events for us - Saturday is the 'Superkids Superhero Round' where we are raising money for The Kids' Cancer Project; and Friday 24 May is our 'Mums vs Auskickers' Sundowner where we look good to have multiple 'Mums' teams take on their sons and daughters!

It's been an incredible start to the season thanks to all the volunteers - coaches, managers, a fantastic group of kids and supportive parents willing to get involved wherever and whenever, as well as the amazing background support from the club's committee! Special mention to Coach Todd for his above and beyond effort in the pre-season planning.



Year 10 Coach In Focus

Dave da Silva



Dave is passionate about his footy and is currently serving on the AMPJFC committee as well as coaching. He is an AMPJFC Life Member awarded for his continued service to the Club and has been a recipient of the Senior Club Person of the Year Award. Dave has come out of retirement to take on the role as Year 10 coach for 2019.

Coach In Focus cont...

1. How long have you been coaching footy for at AMPJFC and other clubs?

Approximately 12 years

2. Did you play footy yourself as a youngster. If so who for and what age till.

Hampton Park in sth eastern suburbs of Melbourne / 17 years old

3. What AFL team do you support? Hawks (since birth)

4. Who was your best coach when you played? Why?

Ernie from Hampton Park JFC – created team spirit which was hard to match

5. What age groups have you coached?

Auskick through to Yr 10's

6. What got you into coaching?

Asked to assist at Auskick level, a week later thrown the reins. Particularly motivated by watching some of our youth teams early on get spanked by bigger clubs, I thought "why should Applecross be the whipping boys when we've got so much talent?"

7. What do you enjoy about coaching?

Influencing young lives in a positive way.

Coach In Focus cont...

8. What is your stand out moment as a coach?

Maybe the hawks victory in the wet years ago vs (at the time) the Attadale all stars – blue collar courage beat blue ribbon class that day! The team lifted the roof off the clubrooms at the ‘G’ afterwards.

Maybe Kyla Sanchez crying as we sang the team song for the last time way back at the end of a season several years ago

9. What is your catch phrase that you always say to your players eg words of wisdom, inspirational message etc

“When it’s your time to go....you go!”

What Keith says: *“Dave da Silva is a professional. He cares about the boys. It’s going to be an awesome season”*

What Peter says: *“Dave underpins everything our Club stands for with his commitment and passion”.*



Kick Like A Girl

Inspired by AFLWs Tayla Harris we will be selecting one of our AMPJFC girls to feature in our "Kick Like A Girl" Weekly Post promoting girls in Footy. Congratulations to the following:

We recognise the contribution of this truly inspirational woman, paving the way for girls today. This is Cam in Year 3 Brown's Grandma Loris playing AFL in the same Hawks colours, over 50 years ago.



**PP Auskicker Farah
in her debut at the G**



**Week 2 PP
Auskicker
Olivia**



Meet our newest Club member

AMPJFC have the pleasure of welcoming its newest member to our club, Meike. Congratulations to our Auskick Coordinator Danielle, husband Clint, Year 1 Auskicker Logan and sister Arya on the birth of Meike on the 29th April.



Year 9 Coach In Focus Lachie Shepherd

Meet one of our youngest coaches, Lachie Shepherd, just 22 years of age. Lachie joined the AMPJFC in 2018 as an assistant for the then Year 8s to Ashley Cranenburgh.



2019 has seen a changing of guard and Lachie has taken up the reign as Head Coach from Ashley. (Ashley had coached this current team from Auskick to Year 8 and has coached at AMPJFC since 2006). It has been a great partnership that has evolved at AMPJFC into a full "Coaching Circle". Lachie had played his junior & youth footy at AMPJFC and Ashley was his coach from Year 4-Year 9!!

1. How long have you been coaching footy for at AMPJFC and other clubs?

My current coaching career started last year with the Year 8 AMPJFC team and has continued to this year's Year 9's as well as Aquinas College this year.

2. Did you play footy yourself as a youngster. If so who for and what age till.

I've played footy since I was 7 which started as an Auskicker at the Mighty Applecross Hawks. Since then I played with the hawks until I was 16 where we had lost our numbers to form a team and transferred to the Melville hawks. This was around the same time I had been a part of East Fremantle Sharks development squads from 15-17. As of right now I continue to play football for North Fremantle Amateur Football club and have done so for the last 5 years.

3. Who was your best coach when you played? Why?

My Best Coach is a man who goes by the name of Muzz. Muzz coached me at East Fremantle Sharks Development in U14's, U15's and was assistant in U16's sides. He also coached me a couple years at North Fremantle Colts. The reason I say Muzz is my favourite coach is because he had an outside persona of tough and ruthless and when you stuffed up he would let you know about it but underneath he was one of the best at connecting with his players. He would build a strong bond between himself and others and through that he could push us to reach our potential. On top of that he had a great understanding of the game and how to adapt a game plan to suit his team.

4. What age groups have you coached?

I have coached Year 7's through to year 9's.

5. What got you into coaching?

I guess I've always been involved with youth sport and being an assistant of sorts. With two younger brothers I was always around different sporting clubs and part of that involvement. Now with a degree in Health and Physical Education coaching helps to build on what I've learnt and to keep me learning.

6. What do you enjoy about coaching?

I enjoy the aspect of being able to not only pass on my knowledge of the game from my own experience but it allows me to learn and develop further from younger players. The interaction and the experience of watching players begin to uncover their own potential is a feeling you can only find in a few places.

7. What are some stand out moments as a coach?

One of the biggest things as a coach is seeing hard work payoff as well as seeing the players you've coached find enjoyment and success, whether that be seeing someone who couldn't kick a footy at the start of the year kick a perfect drop punt goal or watching a team grind out a win and see them celebrate their hard work.

8. What is your focus for the team this year?

For the Year 9's this year we are focusing on our 3 key areas;

- 1) Skills- from the basics of kicking and handballing to finer technical skills of running patterns and positioning.
- 2) Intensity- Maintaining our intensity around the ground and around the ball as well building on it in each exercise at training.
- 3) Voice- We aim for the boys to be vocal around the ground and at training. Vocal in terms of directing each other on the ground, building an atmosphere of pressure on our opposition as well as celebrating success. All in a positive manner towards each other and opposition.

9. What is your catch phrase that you always say to your players eg words of wisdom, inspirational message etc

I don't believe I have developed a stand-alone catch phrase however the boys may have other ideas on that.

10. Which team do you support in the AFL?

I have always been a WCE fan but behind them as close seconds are Richmond and GWS.

What Ashley says: "Lachie is passionate about football, a modern day player and has a great deal of enthusiasm, patience and willingness to help others. His preparation to training is impressive and the boys respond very well to his instructions. He is cool in crisis! He has provided the team with some new ideas and has really grown into the role. It is exciting to see a former player now be the Head Coach of the team."

What Jody says: "It takes a good heart and a love for footy to coach a boys team when you are a young man and could be doing so many other things with your time. We are so lucky to have Lachy coaching this year and I've got a feeling it's going to be a great year."



AMPJFC Sundowner

Friday 24th May

Featuring

**Mums vs Auskicker
game @ Gairloch**

Come on down from 5pm

Meet the Committee



President Sheldon Brady

Meet the Committee

Position on Committee: Club President: My role is to make sure everything is running smooth

What Year does your child play in with AMPJFC?

My son Brooklyn is in the Year 6 Gold Team

Why did you decide to join the committee?

Football gave me so much joy when I was a kid, I had great parents that supported my football dreams so I wanted to return the favour to my son and in the meantime give back to the community

Football History: Played most of my junior football for High Wycombe Bulldogs

Played my senior football at Swan Districts and South Fremantle

John Todd had the most influence on me throughout my football life (he was a hard man but fair a man)

How long have you been at the Club? This is my 5th year at the club

How long have you served on the Committee? 12 months

Other roles at the Club and length of time served
3 Years as Assistant Coach to Craig Treleven.

Current Team : Year 6 Gold

What AFL Team do you support? ~~2nd on the ladder~~
Dockers!!!!

Year 3 Gold

Year 3 Gold enjoying their first ever Home and Away season at Gairloch.





“Brothers In Arms We Stand”

Year 7 forming a guard of honour and cheering on the Year 8s at Shirley Strickland who went onto win their first game of the season.

AMPJFC Milestone

Congratulations to Presley in Year 8 on reaching his 75th Milestone football game in Round 1 this year. The Club is very proud of your dedication!



THANK & RESPECT THE UMPIRES

With over 2,100 community football games each weekend, umpires play a critical role in our game.

The WA Football Commission is committed to ensuring that all umpires are respected and thanked for the role that they play in our game each and every week.

You can assist this by:

- All coaches thanking the umpires and shaking their hand both before and after every game;
- Speaking with your players and spectators about the important role that umpires play;
- Encouraging all players to shake the umpires hand after the game;
- Support the umpires decisions, and don't react to decisions;
- Ensure that coaches, players and spectators adhere to the WAFC 'True Sport' Codes of Conduct; and
- Show Respect.

Together, the WA Football community can have a significant impact on ensuring positive Game Day Environments for everyone.





SUPERKIDS SUPERHEROES ROUND

18TH - 19TH MAY

Kids/Coaches/Parents dressed up in Superheroes costumes



Gold coin donation

REAL KIDS FIGHTING REAL BATTLES

www.superkidssuperheroes.com.au



THE KIDS' CANCER PROJECT

EST. 1952

Are you Interested?

Become a Club Sponsor 2019

Packages Available

WE NEED YOU!



Come Join Us

Contact us at ajfchawks@gmail.com or contact our sponsorship team

<https://ampjfclub.com.au/committee/>

AMPJFC
HAWKS



WINNING EDGE™
- ACADEMY -

FITNESS FOR CHILDREN



PRIMARY
(Year 3-6)
\$15 per session

Gairloch Reserve Applecross
MONDAY 7.00AM-8.00AM
WEDNESDAY 7.00AM-8.00AM

Jeff Joseph Reserve Applecross
WEDNESDAY 4.30PM-5.30PM



SECONDARY
(Year 7-10)
\$15-\$20 per session

Gairloch Reserve Applecross
MONDAY 6.00PM-7.00PM

Winning Edge HQ
53 Norma Road Myaree
MON-THURS 5.00pm-6.30pm

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FITNESS FOR CHILDREN



APPLECROSS

Gairloch Reserve Applecross
MONDAY 7.00AM-8.00AM
WEDNESDAY 7.00AM-8.00AM

Jeff Joseph Reserve Applecross
WEDNESDAY 4.30PM-5.30PM

\$15 per session paid upfront per term (pro rata)



BOORAGOON

Booragoon Primary School
Yrs 3-6 TUES 7.30AM-8.30AM
Yrs 1-2 THURS 7.30AM-8.30AM

Extra Sessions may be added upon demand

\$15 per session paid upfront per term (pro rata)

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