



AMPJFC HAWKS



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APPLECROSS MOUNT PLEASANT JUNIOR FOOTBALL CLUB 2019 QUIZ Night FUNDRAISER Thank you to our EVENT SPONSORS



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Post mortem back of the newsletter



Coach In Focus: Rod Dowling



Coach In Focus: Rod has invested a lot of time into the Club and in player development through coaching. He has worked with a lot of these boys since Auskick and last year Rod took the Year 7 team all the way to the Preliminary Finals. In 2017 Rod also took on the role of Auskick Pre Primary coach for his younger son Joel for a year as well as coaching his son Tom's Year 6 team. In 2017 Rod was awarded the East Fremantle district's 'Coach of the Year' for his service to the Club and Football.

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

I started in 1995 as a Fitness Coach for a Junior Football club as part of a University placement for Exercise and Sports Science, and started coaching school football in 1999. I started as an Auskick Coach of my son (Tom) at AMPJFC in 2012.

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

Yes, I still remember starting as an 8-year old at Nollamara, played through school and then mucked around with a few amateur and Sunday League clubs, plus one season with the Singapore Wombats in 1996!

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

I still have fond memories of Merv White (ex-WAFL / South Fremantle from the 1960's). He was my PE Teacher and first school coach. He always had a calm demeanour and I had to really prove myself as a player in the first few games before I got a regular start.

4. How many kids do you have playing with the Hawks?

Two boys. Tom (Year 8) who has been playing since Pre-Primary Auskick in 2011, and Joel (Year 2 Auskick) who is into his third year at the club.

5. What age groups have you coached?

A range of age groups from Pre-Primary Auskick through to Year 8, and I've coached all year levels at High School (boys and girls). I was also the Fitness Coach for the Karratha Kats (West Pilbara League) in their 2004 Premiership!!

6. What got you into coaching?

I've always been involved in sport and teaching physical education, but my interest in the science and psychology of coaching developed through my university study and continues to this day.

7. What do you enjoy about coaching?

The opportunity to help others develop skills, ability and confidence. I'm still a keen student of the science behind coaching and any opportunity to encourage young people to remain active is important, and I enjoy developing my coaching knowledge by drawing from other sports. I also enjoy helping others develop their coaching.

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

Well I've never won a premiership as either player or Head Coach so can't say one of those, although being recognised as the East Fremantle District Junior Coach of the Year in 2017 was a nice moment. More than anything, I'm proud when you see the incremental improvements by a player and they start to believe a little more in their own potential. I'm also fortunate to have played a small role in either coaching, teaching or mentoring players and students that have gone on to play elite level sport in Australia.

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

I started out with a focus on tackling, accuracy and being at every contest, however the focus has changed somewhat as the season has unfolded. As this is the most challenging year of my coaching, I've had to adapt and develop a renewed emphasis on foundation skills. What never changes is an emphasis on character and the values of humility, unity, passion, gratitude and respect.

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

"Be better than your last game." or "Today, try and do one thing better."

11. What AFL Team do you barrack for?

Fremantle Dockers

What Michelle says: "Rod is a very reliable Coach, highly motivated and focuses on how to improve the boys performances on the field."

What Simon says: "This has been the toughest season of football for our team that I have seen in my 8 years at the club. We lost three key players, have been playing with low numbers through illness and injuries, and recently took on three more players from Clontarf all whilst having very little success on field."

As coach it's easy when you're winning. The true sign of a great coach is when things are not going well. The things they do behind the scenes.

Through this very challenging period, Rod remains calm and focussed, delivering clear instructions whilst encouraging the boys to always look to improve... "to go one better". He is never too busy to speak with players one on one, and does a lot of work away from training nights and game days that very few people see. He has certainly earned the respect of the team and parents."

Team In Focus Year 8

14 August 2019



AMPJFC Milestones -50

A very important part of our footy club is recognising the effort and celebrating the achievements of our players and dedication to their Club and team. Congratulations to following on their 50 Game Milestone: Brodie Gooding, Arran Munro, Oliver Wong, Zac Martin and Will Dunbar of Year 6 Brown; Kai Otway and Taj Langenbach of Year 6 Gold; Adam Fowler, Felix Oh, Bryce Jakovich, Marvis Pares, William Renton and Benjamin Molinari of Year 7; Will Stewart and Risshi Aryaa of Year 9. The Club is Super Proud of each of your achievements.



AMPJFC Milestones -75

Congratulations to following on their 75 Game Milestone: Quentin Oh, Ben Lippert, Oliver Renton and Jake Barlow of Year 7. Well done lads, the Club's very proud of your achievements.



Kick Like A Girl

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

Year 1 Red Auskicker Isa

Logan McDonald, enjoyed his Youth footy from Year 7-Year 9 with the AMPJFC. He has gone onto scale new heights and recently represented the State in the u18s Championship as a tall centre half forward. WA snatched victory over the Vics in the dying moments of the game for the first time in 9 years. Logan's goal snap was amazing under pressure and he was the highest goal scorer with 2 for the match!! Congratulations Logan McDonald. He is looking forward to a bright future in AFL.





Coach In Focus:

Year 3 Gold Chris Bates

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

I have been coaching at AMPJFC for the last 4 years (3 years of Auskick and now the year 3's). I started coaching 30 years ago and coached through most of my senior playing career. I have coached both junior and senior teams and am currently also a co-coach of the Brentwood Booragoon Veterans teams.

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

I started football as a 5 year old and played junior footy in Narrogin until I unfortunately broke my back at the age of 16. We had dominant teams through under 14's and under 17's (5 premierships in 6 years) and I got the opportunity to play some rep footy for South Fremantle and some local league footy at a young age.

After a few years of recovery I resumed playing senior footy at Collegians in Perth, then played in country leagues for Narrogin (Towns), Williams, Lake Grace and Albany (Railways). I was fortunate to play in 5 grand finals for 3 premierships during this time and participate in Wesfarmers carnival sides. A highlight for me this year was the recent 20 year reunion of our 1998 and 1999 premiership wins in Lake Grace.

3. Who was your best coach when you played?

Matt O'Meara was my under 17 coach in Narrogin in 1987 when most of our team was only 15 years old (playing against 16 year olds). Matt was so encouraging and spoke calmly and succinctly to each individual player before a game. I vividly remember his talk with me before the 1987 grand final where he simply said 'I trust you to beat your man because you are super fit and can outmark anyone you play on – just play to your strengths, run hard all day and we'll overrun them'. We went on to win the flag and all the boys had similar stories of how Matt backed them in to do a job for the team that day.

4. How many kids do you have playing with the Hawks? My son Zac is in my year 3 gold team.

5. What age groups have you coached?

I have literally coached every age group – from 5 year olds up to 55 year olds!

6. What got you into coaching?

My broken back (sustained playing basketball) was the trigger for me to go into coaching. I was the captain of our under 17 team at the time and the coach encouraged me to help him after my injury. I have coached football and basketball on and off since then, as well as some golf coaching when I wasn't playing football. My day-job involves performance coaching for CEOs and businesses executives, so it is just something I love doing.

7. What do you enjoy about coaching?

I love sharing knowledge and watching players develop, particularly teaching them how to read the play and make good position on and off the ball. In junior footy, the looks on the kids faces when they master a new skill or do something great on the field is priceless – and our job is to give them plenty of feedback and encouragement so that they improve and enjoy their own development.

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

Having coached a few premierships, they stick out as the stand-out moments. Just watching the players rejoice in a team achievement after a long year together is very satisfying. It has also been great to see half a dozen kids that I have coached go on to make it at the top level and carve out AFL careers.

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

My focus for our team is on feedback, learning and parent education. We have a tight-knit team that has a lot of fun and applies what we teach them – and they are particularly good with their tackling, voice and use of handball – which underpin a game style of moving the ball faster than our opponents. We are also continually working on spreading the ball and improving kicking techniques. The more we can get parents kicking the ball with the kids outside of training the better, so we are coaching them as well!

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

I don't have a catchphrase as such, but we are very focused on being the loudest team on the field and moving the ball quickly. MOVE IT ON, PLAY ON and USE YOUR VOICE are probably things I say a lot.

11. What AFL Team do you barrack for?

Geelong – go the mighty cats!

What Paul says: "Chris is doing an amazing job as coach of the year three gold team. He is devoted to the improvement of all players."

What Jess says: "Chris Bates has fostered a strong and nurturing relationship with his group of footballers, all of whom idolise and respect him. He dedicates an enormous amount of time to researching and developing his coaching techniques. Having coached his group through Auskick before breaking out into Juniors this year, Chris has kept the kids engaged, focusing on team spirit, inclusion and kinship. Firm, patient and always fair, the team and parents appreciate his approach and dedication to his team and the AMPJFC."

What Adam says: "Chris does a great job at coaching the team, running training drills (sometimes more advanced than expected) with the year threes with good results. It's been great working with him at training and seeing great results with the teams progress."







On Monday July 22nd AMPJFC Auskickers-Year 3 were treated with an opportunity to train with a couple of Dockers' players. Fremantle Dockers players David Mundy and Ethan Hughes joined in the activities at Gairloch organised by the Auskick team. What a treat!!

SON, HERE'S WHY WE MARCH IN WITH THE SAINTS

AS THE news came in of Alan Richardson's sad but inevitable sacking as St Kilda coach, my son turned to me and asked: "Tell me again why we're Saints fans?"

He was joking, of course. He went to St Kilda Primary, plays for St Kilda City and is Red, White and Black to his core. But it's a fair question. I'm from the Fremantle area and the family is still mostly in and around that great port town.

So son, here's the story. I played junior footy for Applecross in the East Fremantle district and when, at the end of 1966, the presidency of the club passed from the great WA sports broadcaster Oliver Drake-Brockman (one of Dennis Cometti's mentors) to senior public servant Les McCarrey, things started to change.

Les, put simply, was a bloke who Got Things Done.

The way I heard it, the McCarreys



**DAVID
POUGHER**

previous sort-of Hawthorn colours and we became the Applecross Saints. But here's the clincher. People at the club put their hands in their pockets and before the start of the 1967 season, Ian Stewart was flown over to present us with our guernseys. Ian Stewart? Multiple Brownlow medallist and premiership player? Here at the poky Applecross Town Hall to talk to us?

I don't remember much of his speech but I remember that when he handed me my No.10 guernsey, he said, "Good on ya son, give it all you've got." Which he probably said to all of us.

There was a Q&A and, being a bit dim, I asked Stewart why (the suspended) Carl Ditterich hadn't played in the 1966 Grand Final. He deadpanned and said: "I think he had something else on that day."

It took me a while to understand why everyone laughed.

We kids left the hall fuelled by that excitement only children feel when they've met a genuine footy hero and as we got into the car, Dad asked: "So are you a St Kilda fan now?"

I thought about it for a second or two. I was devoted to East Fremantle in the WAFL (still am) but the position of VFL club was vacant.

"Yes Dad, I am."

My father patted me on the shoulder and said: "Good choice. I reckon you'll have quite a few premierships to look forward to."

So Dad was about as wrong as he could be. But who am I to criticise? My son and I went to the open training session at Moorabbin before the 2010 Grand Final replay and cheered as a group of players ran past led by a spring-heeled Justin Koschitzke.

I turned to my son and patted him on the shoulder.

"The boys are looking sharp," I said. "I reckon we've got a great chance on Saturday."

So what do you do with a problem like St Kilda? You stick with them, of course. That's what fans do. Through thick and thin, good bad, happy, sad, glorious, painful and everything in between, they're our club and a part of who we are. Go Saints, we love you.

And Applecross JFC? A colleague who also played for the club was over there recently and was appalled to find that they're now the Applecross Hawks, sponsored by Jeff Kennett's mob. But Hawthorn will be lucky if they pick up a supporter there. Most of those kids will be Fremantle fans, which, when you think of it, is worse than following the Saints.

At least we've got great colours and great song. And a premiership.

Applecross Hawks hit the big time with a mention in Melbourne's newspaper, the Herald Sun by the Opinion Editor David Pougher (*an ex junior Hawk*).

Drew Gaynor, author of the Club's recently published history book '*Applecross Junior Football Club 1952-2012*', provided the article and clarifies: 'This episode he refers to in the article in 1966 was highlighted in our club history book pages 13 and 14 along with the reasons why we eventually became the Hawks.

The link to the book can be found at <https://ampjfcclub.com.au/.../uploads/2019/01/ajfc-history-boo...>

An example of the St Kilda like jumper is displayed in the clubhouse at Gairloch.'





The AMPJFC has much pleasure in announcing the Fundraising Total for the 2019 Quiz Night was \$27,000.....That is amazing!!

Thank you to our wonderful event sponsors and all other sponsors on the night who donated items for prizes or the auction, including those businesses who are part of our AMPJFC family. Thank you to everyone who came and contributed to the spirit and fundraising during the evening.

A special thank you to all those AMPJFC members who joined the fundraising event committee and worked tirelessly behind the scenes to bring it all together!!



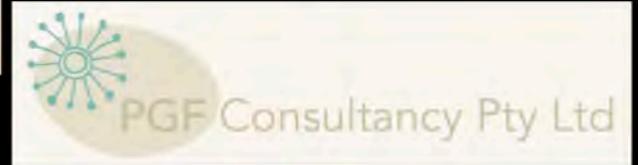
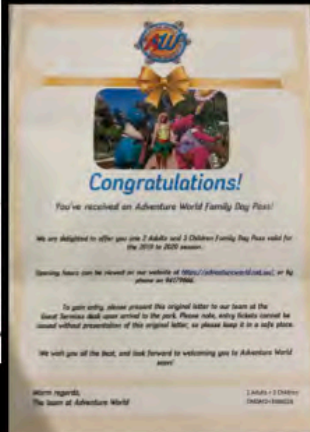
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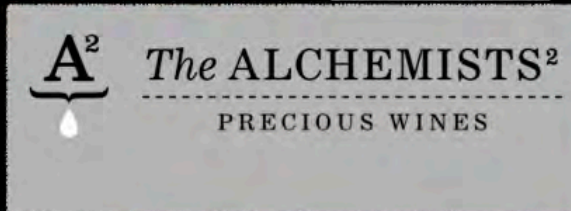
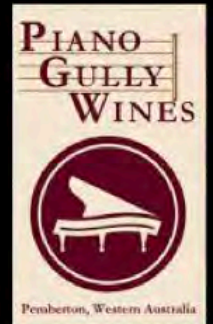


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