



# News from the Lakers!



## NEWLETTER 5 V's SEBASTOPOL

What a fantastic round we had this weekend just gone playing against Sebastopol at Sebastopol. There were great games across the board and we came away with the following results:

**NETBALL:** Wins for EVERY Lakers team – Well done girls and coaches.

**FOOTBALL:** Four Wins and Two draws – Awesome job to all teams and coaches.

This coming Sunday we head down the highway for the first time of the season to play Bacchus Marsh at Bacchus Marsh. Please allow plenty of time to travel down in case the weather is not the best for driving and remember to drive safely at all times. If you have an "L" Plater – a drive to and from Bacchus Marsh would be a fantastic opportunity to gain some hours (possibly wet weather hours which are really important).

Further in the newsletter you will find information about some VERY IMPORTANT things that you need to put on your calendar and in your phones and reply to if necessary.

1. **Child Safety Information Session – WEDNESDAY 29<sup>th</sup> of MAY** at 7pm at Lakers Rooms. Compulsory for all coaches, Team Managers and Mentors. All other parents and volunteers welcome also.
2. **Carmen's Road Safety Presentation – TUESDAY 4<sup>th</sup> JUNE** at 6pm to 7pm for ALL U/17 footballers and netballers and any parents that wish to attend.
3. **Player Health and Wellbeing Information** – see below.

## U/9 Friday night games

Congratulations to our "Littlest Lakers" – our U/9 sides, who are playing every Friday night against clubs from across the BFNL. Our little tackers are doing an amazing job and their skills are improving each week through their commitment at training, practise during the week and game practise. Thank you so much to not only the players, but the parents who have been braving the cold each Friday night to support and assist where they can. A huge thank you to those who volunteer to do a role whether it is coaching, goal umpiring or helping in the canteen – your help is greatly appreciated. It is all running really smoothly, and we are thrilled that they are enjoying it so much. This is the place where our future champions and great team people are developed, and we are loving watching them play with such passion and enthusiasm.



# Friday night Canteen

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We would like to offer a BIG thank you to Vicki Dekker and the Under 9s parent helpers who worked in the canteen on Friday night. It was CRAZY busy at the Under 9's and the canteen was pumping! The parents were wonderful jumping right in and helping Vicki. Both the BBQ and Canteen were flat out for the full two hours. Thank you so much to all involved.

## Child Safety Session

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<b>WHAT:</b>	Child Safety Information Session
<b>WHEN:</b>	Wednesday 29 <sup>th</sup> of May from 7pm
<b>WHO:</b>	<b>COMPULSARY FOR ALL COACHES, ASSISTANT COACHES, TEAM MANAGERS and MENTORS.</b> All other members of the club, parents and other volunteers are also welcome to attend.
<b>WHERE:</b>	Lakers Club Rooms
<b>INFO:</b>	Session will be facilitated by CAFS staff and it will be focussed on child safety, abuse and risk management, mandatory reporting, positive communication and much more.

## WHAT HAVE YOU DONE?



- What jobs have you volunteered for at the club to date?
- If the answer is **none....THE TIME IS NOW.**
- We pride ourselves on being a great 'family club' where everyone chips in and we operate like one big family – all helping where we can.
- **As part of your registration at Lakers Junior Football and Netball Club the agreement was that EVERY family assist in a volunteer capacity at some stage through the year or they risk their child's place at the club being re-considered.**
- There are many roles that need to be filled each week and some of them, we only require you to do one x 2 hour block and you are done for the season!
- A **HUGE THANK YOU** to those that have assisted in a role so far...it is greatly appreciated. Unfortunately, we are often relying on the same people week in, week out to fill sometimes several roles over the week as others aren't assisting.
- There are many weekly jobs for each team and across the club that you can do as a one off for 2 hours – time keeping, scoring, interchange, goal umpiring, working a shift in the canteen, working on the BBQ, tidying up the change rooms at the end of games and many more.



## SPOTS NEEDING TO BE FILLED



### GAME DAY JOBS

If you are able to assist with a game day or even training night job – once, twice or for each game, please contact your child's Team Manager...they will be thrilled to find a spot that you can help in.

### Team Managers for NETBALL

U/11 Reserves:	Kim Holloway	0408 365 762
U/11 Seniors:	Narelle Greene	0403 993 016
U/13 Reserves:	Rebecca McNeill	0475 809 199
U/13 Seniors:	Rebecca McNeill	0475 809 199
U/15 Reserves:	Colleen Thompson	0409 049 157
U/15 Seniors:	Kym Squire	0412 715 922
U/17 Reserves:	Jodie Gilbert	0438 301 027
U/17 Seniors:	Paula Bissinella	0406 639 645

### Team Managers for FOOTBALL

U/9 Reserves:	Mick Taylor	0438 501 557
U/9 Seniors:	Johnathon Crilly	0439 986 864
U/11 Reserves:	Brad Birkett	0408 197 978
U/11 Seniors:	Tanya Kinnane	0438 362 553
U/13 Reserves:	Shayne Dean	0408 546 778
U/13 Seniors:	Paul Broster	0409 356 745
U/15 Reserves:	Craig Bennetts	0437 396 994
U/15 Seniors:	Amber Welsh	0400 551 002
U/17 Reserves:	Helen Linahan	0408 170 935
U/17 Seniors:	Glen Raven	0400 987 550

## “Laker’s Learners”



As we are focussed this season on road safety awareness 🚗 and developing not just great footballers and netballers, but also great drivers who are SAFE, SENSIBLE and EXPERIENCED in all conditions, we ask all our families with “Lakers Learners” to commit to having them drive to and from training and games every week ✅. They’ll get some day ☀️ and night 🌙 driving and over the coming months definitely some wet weather conditions ☁️. Send in some snaps 📷 of your “Lakers Learners” driving to or from training or on game day!

## Player Health and Wellbeing

### **URGENT: Medical Conditions**

If your child has a medical condition (eg: asthma, epilepsy, diabetes, heart or neurological condition) or severe allergy (eg: anaphylaxis) that may require specific management, additional care or monitoring, we ask that you liaise with the first aid trainer of your child’s game to inform them of any relevant information to ensure your child’s ongoing health and safety whilst they play. We have had a number of ‘near misses’ recently where players needed specific care, but none of the first aid trainers or coaches were aware.

First Aid Coordinator – Tulsa Andrews (ph: 0400 299 882 email: [t.andrews@federation.edu.au](mailto:t.andrews@federation.edu.au))

U9 Football – Megan Bourke & Sarah Brennan

U11 Football – Lisa Clark & Stewart Dekker

U13 Football – Jonno Evans, Paul McBratney-Owen, Julie-ann Rossetto & Lorena Mong

U15 Football – Tulsa Andrews, Kellie Dunn, Sonia Bickley & Katrina Rees

U17 Football – Brooke Murray & Tulsa Andrews

U11 Netball – Cath Hurdsfield & Alicia Mitchell  
U13 Netball – Lee Meakin & Rebecca McNeill  
U15 Netball – Eileen Black & Barb Carter  
U17 Netball – Jodie Valpied & Barb Carter

### **Concussion Management Guidelines and Process**

A reminder that LWJFNC have a specific process for managing (1) suspected concussion, (2) referral and (3) returning to training/game, based on the policies outlined by the AFL and BFL. It is important that all players, parent/guardians, coaches and sports first aid trainers are aware of and adhere to the guidelines. This includes provision of evidence of medical clearances.

If you have any questions, please do not hesitate to contact Tulsa Andrews (First Aid Coordinator, ph: 0400 299 882), Brad Wootton or Cath Hurdsfield

## **Round 5 RESULTS V's SEBASTOPOL**

### **FOOTBALL RESULTS**

#### **U/11 Seniors**

**Lake Wendouree** 3.5-23 drew with **Sebastopol** 3.5-23

Goal Kickers: A. Wiltsher 3

Best Players: H. Birkett, E. Dekker, L. Squire, R. Grech, C. Kinnane

#### **U/13 Reserves**

**Lake Wendouree** 13.9-87 defeated **Sebastopol** 1.2-8

Goal Kickers: N. Torpy 3, H. Cunningham 2, M. Pollock 2, H. Jeffrey 2, E. Dartnell, C. Jenkins, L. Warland, J. Clark

Best Players: C. Jenkins, H. Jeffrey, J. Dean, J. Clark, E. Dartnell

#### **U/13 Seniors**

**Lake Wendouree** 6.10-46 defeated **Sebastopol** 0.1-1

Goal Kickers: N. Salter 3, N. Jolly, A. Eichler, T. Kinnane

Best Players: O. Wootton, D. Clark, N. Salter, A. Eichler, A. Gray, T. Kinnane

#### **U/15 Reserves**

**Lake Wendouree** 3.3-21 defeated **Sebastopol** 2.4-16

Goal Kickers: N. Hildebrand, K. Lovison, J. Marshman

Best Players: J. Marshman, O. Tribe, K. Lovison, P. McDonald, N. Hildebrand

#### **U/15 Seniors**

**Lake Wendouree** 5.6-36 drew with **Sebastopol** 4.12-36

Goal Kickers: B. Tobin 3, N. Shearer, D. Cassidy

Best Players: R. Rees, J. Bickley, J. Appleton, B. Welsh, H. Mikus

#### **U/17 Reserves**

**Lake Wendouree** 14.15-99 defeated **Sebastopol** 9.6-60

Goal Kickers: T. Sporton 3, J. Jarred 2, J. Antonio 2, P. Corbett 2, T. Cleary, A. Russell, C. James, T. Johnson, J. Leech

Best Players: J. Jarred, J. Antonio, T. Sporton, T. Johnson, M. Kennedy, K. Towk

**U/17 Seniors – No Game** due to Sebastopol not having a Sebastopol U/17 Senior side

## **NETBALL RESULTS**

### **U/11 Reserves Netball**

**Lake Wendouree** 6 defeated **Sebastopol** 8

Awards: Lucy Alcock, Lyla Sheehan, Dilana Romeril, Emmy Holloway

### **U/11 Senior Netball**

**Lake Wendouree** 19 defeated **Sebastopol** 6

Awards: Milla Moore, Marleisha Nunn, Elle Wootton, Clementine Nash

### **U/13 Reserves Netball**

**Lake Wendouree** 8 defeated **Sebastopol** 5

Awards: Imogen Forbes, Molly Cooper, Shanae Postlethwaite, Harriet Meakin

### **U/13 Senior Netball**

**Lake Wendouree** 25 defeated **Sebastopol** 16

Awards: Milla Quinlan, Mikayla Bickley, Abbie Cooper

### **U/15 Reserves Netball**

**Lake Wendouree** 7 defeated **Sebastopol** 4

Awards: Morgan James, Olivia Black, Holly McSparron, Gemma Walton

### **U/15 Senior Netball**

**Lake Wendouree** 30 defeated **Sebastopol** 26

Awards: Laura O'Connor, Molly Clifton-Larkin, Sadie Cheesman

### **U/17 Reserves Netball**

**Lake Wendouree** 28 defeated **Sebastopol** 10

Awards: Makalah Drew, Rhyley Bath, Juels Valpied

### **U/17 Senior Netball**

**Lake Wendouree** 40 defeated **Sebastopol** 20

Awards: Eloise Ritchie, Layla Monk, Talia Hurdsfield, Ellie Carr

## **Canteen and BBQ**

Please find below the roster for the BBQ and Canteen for our next home game – which isn't until **Sunday, 30<sup>th</sup> of June.**

<b>BBQ</b>	8.00 am – 10.00 am	Jayne Humphries Paul Butler Deeks Loader Jimmy Loader
<b>CANTEEN</b>	8.30 am – 10.30 am	Jen Couzins Julie Butler Tamara Warland
	10.30 am – 12.30 am	Jenni-Lee Williams Lorena Mong





Beck Fleming  
Julie Torpy

12.30 pm – 2.30 pm

Eve Cassidy  
Mikayla Bickley  
Tanya Kinnane  
Lucy Loader



2.30 – 4.30

Dympna Turner  
Michelle Dean  
**Person needed**

**If you are unable to complete your shift, we ask that you please arrange a swap or replacement with someone else.** If you can fill one of the highlighted spots or have any questions or problems, please call **Vicki Dekker** on: **0438 037 703**

## THIS WEEK: ROUND 6 – Sunday 26<sup>TH</sup> May BACCHUS MARSH AT BACCHUS MARSH

### FOOTBALL – Reminders:

- Ⓢ WHITE shorts this week for away game.
- Ⓢ Parents allow plenty of time to drive to Bacchus Marsh in case weather is wet.

### U/9 FOOTBALL – Reminders:

- Ⓢ This week's U/9 games are played at CITY OVAL
- Ⓢ All wear GREEN shorts.
- Ⓢ It would be great to get some of our older players and families at Lakers from 6pm Friday night from to support our Little Lakers – they'd love to see the older players cheering them on.

### NETBALL – Reminders:

- Ⓢ U/11's are permitted to wear a WHITE long sleeve top and BLACK skins underneath their dresses if they wish.
- Ⓢ Parents allow plenty of time to drive to Bacchus Marsh in case weather is wet.

## Communication

It is essential that families are able to access the latest information about what is happening at the club and any changes on a regular basis. The best ways to do this are by adding our "Team App" to your smartphone, 'liking' us on Facebook and Instagram and checking our website ([www.lwfc.com.au](http://www.lwfc.com.au)) and ensuring that we have an email address we can forward newsletters and other important information to. It is easiest to email us at [lakersjuniors@hotmail.com.au](mailto:lakersjuniors@hotmail.com.au) or email Lucy Loader (Secretary) directly on [lloader3005@outlook.com](mailto:lloader3005@outlook.com) if you have questions or queries and we will respond as soon as possible, or call one of the relevant people whose contact details you will find on the webpage. If you would like your email address added to the data base to receive weekly newsletters – please email Lucy on [lloader3005@outlook.com](mailto:lloader3005@outlook.com) to advise. THANK YOU.

## Lost Property

PLEASE, PLEASE, PLEASE ensure all your children's property is clearly named. Lost property is kept in the club trailer, so if you have something missing, please check in there.

# Lachie's Legacy



As previously corresponded to club members, Lakers Football/Netball Club "Lachie's Legacy" is a foundation set up following the sudden passing of local footballer Lachie Poulter. You can read more about "Lachie's Legacy" on their facebook page.

Lakers Football/Netball Club have decided to donate to Lachie's Legacy in the form of old footy boots or runners that no longer fit our players. We ask that you rummage through your shoe cupboard and if you have any boots or runners (in good condition) that no longer fit or are not used we ask that you bring them along to the club and place them in the big blue tub in the Senior change rooms. Our donation as a club will hopefully provide much needed boots and runners to underprivileged families. Thank you

## SOCIAL FUNCTIONS



Please put these important dates on your calendar and in your phone.

**Tuesday 4<sup>th</sup> of June**

**Carmen's road safety talk – all Under 17 football and netballers. Parents welcome. 6pm to 7pm**

**Saturday 22<sup>nd</sup> of June**

**Junior Club Major Function – more info. to follow soon**

**Saturday 10<sup>th</sup> of August**

**Club Schnitzel night following dual gate game**

### IMPORTANT: PLEASE PUT ON YOUR CALENDAR:

**Event:** Carmen's Road Safety

**When:** Tuesday 4th June - 6:00 – 7:00pm – Clubrooms

**Who:** John Maher, Award winning International Keynote Speaker (Australian of the year – 2015)

**Invited:** U/17 football and U/17 netball, U/19 football and U/19 netball and any other players and families that are interested in listening to John's story and important message.

**What:** John's true-life story may save your life.

Carmen's Road Safety presentation is widely recognised as the best road safety message available to schools, clubs, and to corporate Australia. Victoria is experiencing its worst year on the roads in 10 years. John will share his story about family, heartbreak, love and hope.

# REMINDERS

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## **Footy Jumpers & Dresses**

Footy jumpers and netball dresses should only be worn at the game, and removed after you have played if boys and girls are staying at the oval/netball courts for long periods after they have played.

They are not to be worn at footy training, but the club does have old playing jumpers (smaller sizes) for sale at \$20 each if you wish to wear the clubs colours at training.

## **Tape**

Please note that the trainers will not supply boys with tape to hold down their laces during the season. If your son requires tape please ensure that you supply your own and that at the end of the game tape is disposed off in the bins rather than left on the floor.

## **Rubbish**

Please ensure that all rubbish be it in the rooms or around the grounds is disposed off in the bins rather than left on the floor or around the oval.

## **Lost property**

Please make sure that you keep items of clothing in a secure location and remember to collect your articles of clothing after you have played.

Any missing articles of clothing etc. can be found in the lost and found tub located in the trailer.

## **Skins**

Skins have become more popular in recent years as the boys try to emulate their favourite players. The BFNL have a policy that skins must be skin colour. Boys who wear the incorrect skins will be unable to take the field without removing the skins.

U/11 netballers are permitted to wear black skins and white long sleeve tops under their dresses on colder days.