



## Important Dates

**22 March 2021**

Junior Team Placements  
Commence

**27-28 March 2021**

Preseason Games  
@Googong/Coast

**Late March 2021**

Junior Draw Release 🍷

**4 April 2021**

**AFL** Round 3  
@Manuka 7:10pm  
**Giants** Vs **Melbourne**

**10 April 2021**

Preseason Games  
@Narrandera/Coast

**17 April 2021**

Round 1: Community &  
Rising Stars Men

**23 April 2021**

**AFL** Round 6  
@Manuka 8:20pm  
**Giants** Vs **Bulldogs**

**24 April 2021**

Round 1: Juniors  
Season Launch

**1 May 2021**

Round 1: Seniors



## A Word from the President

In the Junior space we are well into preseason with competitive age groups attending training in good numbers. Non-competitive, from Auskick Pros to Under 10s will commence training from 1 April. Auskick Rookies will commence in Term two of the school year.

Registration numbers are very positive with expectations we will field over 500 players across all age groups. A wonderful achievement after last years delays and interruptions. Those junior players not registered, should register now, as team placements commence from 22 March. We will participate in all Junior age groups this year. Junior girls' numbers are increasing steadily on last years numbers, which is exciting for the Club.

Registration days are being held at local shopping centres to remind families that there is a strong presence of AFL in the Tuggeranong Valley and we provide the best value for money for any winter team sport in Tuggeranong.

Participation at all training and practice games for the senior men and women has been excellent, with several new players joining the Club. Men's Rising Stars and Community teams are due to commence the season on 17 April and the Senior Men's and Women's commence on 1 May.

Once again, we are proud to be supported by a number of major sponsors inclusive of the Canberra Southern Cross Club in Tuggeranong, where Ian, Ben and the team are extremely accommodating to all of our needs. Remember that for every dollar we spend we receive a percentage back to the TVAFC. All you need to do is show your membership card with the TVAFC logo at the bar when purchasing. TVAFC is also running raffles every Friday night at the club so come down and support TVAFC and the CSSC.

# VALLEY NEWS

Col from McIntyre Property is back once again as a major sponsor on all Club jumpers so if you need an appraisal or looking to sell give Col a call. Col has an office at the Calwell shops and now on Anketell Street.

Mark Woodward (Woody) from MW Plumbing coaches the Rising Stars. His team are available for all your plumbing needs both domestic and commercial. David Guy from Encore Cleaning has been with the Club for many years as a major sponsor and runs his own commercial cleaning business. If you are in need of a quote or just a one-off office clean, then Dave is available at short notice.

We also welcome back National Capital Toyota again this year. Sam Droulias, Sales Manager, and a keen AFL fan will look after you and your family's needs. He is offering a \$200 cash back payment to the Club for every car bought through the TVAFC. Check out the details on the website today.

Procurement Professionals provides procurement, probity and contract management services to the Australian Government and private industry. A strong local business that has supported TVAFC for 5 years as a major sponsor

Another new sponsor to the Club this year, is Contract Professionals. They provide procurement, contract management, logistics and labour hire services to the Australian Government and private industry.

We welcome another new sponsor this year in Dark Carnival who offer life and performance coaching through martial arts. They offer Muay Thai, Jiu Jitsu, strength and conditioning, and personal training. More details to follow soon.

For further details on these and all our sponsors please go to our website, [www.tuggeranongfc.com.au](http://www.tuggeranongfc.com.au)

*Leo Lahey*

President

Tuggeranong Valley Australian Football Club

**In Kind  
Sponsors**



**TROPHY | LINK**  
Canberra's only *shop online trophy store*

# CLUB SPONSORS

The Club is proud to announce the following sponsors for Season 2021.

Please show your support for our sponsors where you can.



# SPONSOR SPOTLIGHT

## MW Plumbing

Established in 2004, **MWPlumbing** is a local family run company. **MWPlumbing** began when director Mark Woodward who is more affectionately known around the Club as "Woody" decided to provide a plumbing service in Canberra with high quality workmanship and customer service. Mark's professionalism, dedication and trade skills has made his company reliable, dependable and successful within the ACT and surrounding NSW. If you are looking for a Plumber give **MWPlumbing** a call today!! No job is too small for Mark and his dedicated team.

With over 17 years in the industry, **MWPlumbing** specialises in residential and commercial new building works, extension and renovations, business fit out as well as general plumbing maintenance.

Mark has been part of the senior coaching group for the past seven years and one of his many highlights at the Club was coaching the Under 18s to the Grand Final in 2019. He has also been a proud Club sponsor since 2013.

Contact Details

Mobile: **0423 343 732** (Mark)

Email: [mark@mwplumbing.com.au](mailto:mark@mwplumbing.com.au)

Website: [mwplumbing.com.au](http://mwplumbing.com.au)



## Club Sponsorship Opportunities

If you, or someone you know, owns a business and wants to sponsor the Club, we would be happy to have them on board. In return, sponsors receive regular acknowledgement and publicity via Club website, Facebook page, Instagram account and in the Newsletter.

Sponsorship opportunities can be arranged by emailing Bob at  
[robert.hughes@morellservices.com](mailto:robert.hughes@morellservices.com)

# REGISTRATION

**REGISTER NOW!**

## ◆ Auskick Rookies

Calwell  
Gordon  
Kambah

## ◆ Auskick Pros

Calwell  
Gordon  
Kambah

**Junior & Youth team placement will take place from 22nd March, make sure you are registered!**

### ◆ Under 9s to Under 17s

### ◆ Women's Rising Stars

### ◆ Men's Rising Stars\*

### ◆ Men's and Women's Seniors\*

\* Players also need to complete the **2021 Player Registration Form**

**\$\$ If you are already registered, please pay your fees before Round 1. \$\$**

## Registration Inclusions:

The Club provides all registered players from Auskick Pros to Seniors with the following Club Kit:

- ◆ **New** Auskick Pros (aka Under 8s) receive Club playing shorts and socks
- ◆ **New** Under 9s to Under 16 Girls receive Club playing shorts, socks and a hoodie
- ◆ **All** Under 17s, Men's and Women's Rising Stars and Seniors receive a Club polo and warm-up top.



All Auskick Rookies and Pros receive an **Auskick Pack** from the AFL. The Auskick Pack is sent to the address provided at the time of registration in SportsTG. The cost of the Auskick Pack is automatically deducted from your registration fee paid to the Club, by the AFL.



# TEAM SPONSORS



**CAPRICE KITCHENS**  
& Joinery



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## Junior Team Sponsorship

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If you are interested in sponsoring a Junior team for the 2021 season, please go to our website: <https://www.tuggeranongfc.com.au/team-sponsors>

Or alternatively contact Bob Hughes at [robert.hughes@morellservices.com](mailto:robert.hughes@morellservices.com)



# PLAYER SPONSORS

## Senior Player Sponsors



## Senior Player Sponsorship

If you are interested in sponsoring a senior player for the 2021 season, please go to our website: <https://www.tuggeranongfc.com.au/player-sponsors>

Or alternatively contact Bob Hughes at [robert.hughes@morellservices.com](mailto:robert.hughes@morellservices.com)



# WOMEN'S FOOTY

## Come'n'Try Women's AFL

On Saturday 20 February 2021 the Club held a **Come'n'Try Women's AFL** day at Kambah Oval. It was a superb turn-out for a hot afternoon.



Thank you to the following volunteers for giving up 2-3 hours of your time to assist, along with all the Senior and Junior players that came along, particularly those that also introduced new players to our great sport - AFL!

**Murray Chynoweth**  
**Kristie Chynoweth**  
**Karen Cooper**  
**Melissa Keen**  
**Greg Keen**

**Anne Lahey**  
**Bec Pink**  
**Terry Pink**  
**Kylie Wise**

**Coaching Staff:**  
**Leo Lahey**  
**Haych Flannery**  
**Luke Jess**  
**Eugenie Hickey**

Thank you also to Ray & Mary Ghirardello for picking up the raffle prizes from Rebel Sport.



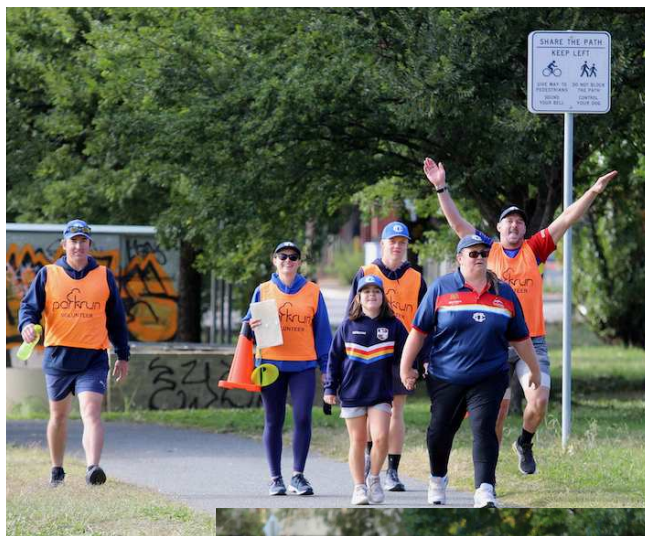
# VOLUNTEERS

## Tuggeranong parkrun – Saturday 6th March

Thank you to all the Club volunteers who gave up 1-2 hours of their time to volunteer at Tuggeranong parkrun on Saturday 6<sup>th</sup> March 2021.

# #THANKS

Alison HENKEL • Bronwyn CALVER • Charlie MCDERMOTT • Damien BOWLES • Kellie HOGAN • Kim O'DEA • Kristie CHYNOWETH • Leo LAHEY • Lizz A • Lucas O'DEA • Melissa BODSWORTH • Melissa KEEN • Murray CHYNOWETH • Rebecca PINK • Terry PINK • Tony O'DEA



# VOLUNTEERS

## Club Volunteers Needed

# WANTED

## First Aid/Level 1 Trainers



TVAFC is committed to building on the success of season 2020 and we are seeking more people to assist across all areas of the Footy Club.

A crucial area that we are seeking assistance/volunteers for is **First Aid/Trainers/Strappers** for training nights and game days.

Note: Training, qualifications can be arranged via TVAFC

If you are interested in, or require additional information, please contact:  
**Ray Ghirardello**, Director Senior Football by phone on **0422 060 134**  
or email at [football@tuggeranongfc.com.au](mailto:football@tuggeranongfc.com.au)

All Teams must have their own first aid officer. Trainers are also required for the Youth and above age groups. If you are interested in taking on one of these roles please email Ray at [football@tuggeranongfc.com.au](mailto:football@tuggeranongfc.com.au). The club covers the cost of the training.

We Can't Spell

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# VOLUNTEERS

## Help Needed: Bunnings BBQ Saturday 3<sup>rd</sup> April 2021

If you are in Canberra over Easter, then please consider helping out on the Club BBQ at Tuggeranong Bunnings on **Saturday 3 April 2021**. All profits raised on the day go straight back into the Club to help cover the costs associated with fielding teams in the AFL Canberra competitions.



Come along, turn or serve some sausages, have some fun and meet some of our wonderful Club volunteers.

Please contact Murray at [community@tuggeranongfc.com.au](mailto:community@tuggeranongfc.com.au) if you are interested in lending a hand.

Lend a hand and **Volunteer Today!**



### Interested in being a Club Volunteer?

Email Kristie at [secretary@tuggeranongfc.com.au](mailto:secretary@tuggeranongfc.com.au) with what you are interested in doing and she will put you in touch with the right person.

Alternatively, have a chat with one of the Board Members and they will assist you in finding the right job for you!

NO ONE  
can do  
*everything*  
but  
EVERYONE  
can do  
*something*  
~unknown~



# JUNIOR UPDATE

## Game Times

**1 April**

Season  
Proper  
Training

Season Starts  
**24 April**

### Saturday

Age	Time
Under 8	1:30pm
Under 9	2:45pm
Under 10	9:15am
Under 11	10:30am
Under 12	12:00pm
Under 13	9:15am
Under 14	10:45am
Under 15	12:15pm
Under 17	2:15pm

### Sunday

Age	Time
U10 Girls	10:00am
U12 Girls	11:15am
U14 Girls	10:00am
U16 Girls	11:30am
Women's Rising Stars	1:00pm

## Season Proper Training

Season Proper training will commence from **1<sup>st</sup> April 2021**.

**Details Coming Soon!**

## Team Placement

Team placement will commence on **Monday 22 March 2021**.

Please make sure your child is **registered** to ensure team placement.

If you have any enquires in relation to Junior Football, please email Laura at  
[juniordirector@tuggeranongfc.com.au](mailto:juniordirector@tuggeranongfc.com.au)

# SENIOR UPDATE

The Club welcomes Jesse McPhail and Luke Petersen to our 2021 senior coaching division. Luke and Jesse will co-coach our new Men's 3rd grade team in 2021. Both have great footy backgrounds and knowledge and will do an exceptional job for their team and the Club.

We also welcome Bec Pink to the senior ranks who will manage our Men's 3rd grade team in 2021. The Club is seeking more support in all areas, with priority in the Trainer/First Aid areas, for our Community grade Men's and Women's sides. If you are interested in volunteering please contact the Club.

The Club is thrilled to have such a strong, dedicated and committed group of people in charge of the Football side of Club.

Head Senior Coaches Jimmy Rice (Men's) and Leo Lahey (Women's) will be supported/assisted in 2021 by Mick Patton, Kurt Masters, Paul Highmore, Matthew Wade, Stephen Donlan, Heather Flannery, Damien Bowles, Mark Rasmussen, Will Prowse, Greg Walker, Charlie Prowse, Ricci Miller, Mark Woodward, Jesse McPhail, Luke Petersen. Our Senior Managers for 2021 are Kellie Hogan, Kim O'Dea, Wayne Prowse, Chloe Osborne, Bec Pink, Laura Scheele, Narelle Slater.

So far our senior Trainers/First Aid volunteers are Karen Donlan, Tony O'Dea, Sean Finn, Belinda Bacon, Mitch Fox, Matt Channon, Kim Collins, Kerry Rowlands, Mark Rasmussen, Stride Physiotherapy, Brad Fox. We are hopeful of attracting more people in this area. If interested please contact the Club. All training/qualifications will be arranged/provided by the Club.

Our playing groups have been working extremely hard in preparation for the 2021 season. Our 2020 players have been joined by a large number of new and returning players. We welcome all and look forward to a great 2021 season.

**17 April**  
Men's RS  
&  
Community

**Round 1**  
Commencement

**1 May**  
Seniors

If you have any enquires in relation to Senior Football, please email Ray at [football@tuggeranongfc.com.au](mailto:football@tuggeranongfc.com.au)

# 2021 SEASON

2021 Season Rounds				
Dates	Junior/Youths	Community	Men's Rising Stars	Seniors
17/18 April		1	1	
24/25 April	1	2	2	
1/2 May	2	3	3	1
8/9 May	3	4	4	2
15/16 May	4	5	5	3
22/23 May	5	6	6	4
29/30 May	6	7	7	5
5/6 June	7	8	8	6
12/13 June	No Games	No Games	No Games	No Games
19/20 June	8	9	9	7
26/27 June	9	10	10	8
3/4 July	No Games	11	11	9
10/11 July	10	12	12	10
17/18 July	11	13	No Games	No Games
24/25 July	12	14	13	11
31 Jul-1Aug	13	15	14	12
7/8 Aug	14	16	15	13
14/15 Aug	Finals Week 1	17	16	14
21/22 Aug	Finals Week 2	Finals Week 1	17	15
28/29 Aug	Grand Final	Finals Week 2	Finals Week 1	Finals Week 1
4/5 Sept		Grand Final	Finals Week 2	Finals Week 2
11/12 Sept			Grand Final	Grand Final



# TRAINING

## COVID Requirements – CHECK-IN CBR

The Check-In CBR Codes for each of the ovals are contained in the table below.

For Junior players who are unable to check themselves in using the App, please see your Coach for them to check you in.

If you have any questions, please email [playafl@tuggeranongfc.com.au](mailto:playafl@tuggeranongfc.com.au)

Location	Address	Check-In Code
Isabella Oval 101/102	Cromwell Cct	947524
Kambah Oval 101	Reynell Pl	966877
Kambah Oval 107	Chirnside Cct	945728
Gordon 102/104	Midge St	800591
Greenway Oval	Soward Way	945711

From 6 March 2021,  
all persons over 16 years  
of age must sign into  
training using the  
Check In CBR app

### MANDATORY

If you are unable to check in with  
your smart phone, please see a club  
official and they will use the app on  
their own phone.

Individuals and Clubs can be fined for  
not complying.



**We're using the  
Check In CBR app**

The safe and easy way for you to  
record your visit with us and support  
ACT Health contact tracing

 Download before  
you visit us

 ACT  
Government

For further information visit  
[covid19.act.gov.au/check-in-cbr](https://covid19.act.gov.au/check-in-cbr)

 STOP THE  
SPREAD OF  
COVID-19

# TRAINING



Each year the ovals close between 18-31 March for much needed TLC. This means the Club cannot hold any training sessions on the ovals.

Competitive Junior/Youth age groups and Seniors, please keep an eye on your respective Facebook Groups and emails for messages from your Coaches about alternative training locations.

Season proper training starts on **1 April 2021**. Times and locations will be available soon!

If you have any enquires in relation to:

Senior Football, please email Ray at [football@tuggeranongfc.com.au](mailto:football@tuggeranongfc.com.au)

Junior Football, please email Laura at [juniordirector@tuggeranongfc.com.au](mailto:juniordirector@tuggeranongfc.com.au)

# PRESEASON MATCHES



## Tuggeranong Valley Australian Football Club 2021 Preseason Matches

### Saturday 27 March 2021

10am	Men's Rising Stars	V	Eastlake	Googong
1pm	Senior Men	V	Shellharbour	Googong
TBC	Senior Women	V	TBC	Coast (TBC)

### Sunday 28 March 2021

All Day	Youth (U13s – U17s)	V	Coast	Narooma
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### Saturday 10 April 2021

Overnight	Senior Men	V	Narrandera	Narrandera
TBC	Senior Women	V	TBC	Canberra

### Saturday 17 April 2021

TBC	Senior Men	V	Gungahlin Jets	TBC
TBC	Senior Women	V	Gungahlin Jets	TBC

If you have any enquires in relation to:

Senior Football, please email Ray at [football@tuggeranongfc.com.au](mailto:football@tuggeranongfc.com.au)

Junior Football, please email Laura at [juniordirector@tuggeranongfc.com.au](mailto:juniordirector@tuggeranongfc.com.au)



# MERCHANDISE

## Online Store

The Club merchandise online store through QTR Time Sportswear is currently closed. The Store will open from **1-30 April 2021** with expected delivery late May to mid June.

The Club merchandise selection is available at:

**<https://www.tuggeranongfc.com.au/merchandise>**

If you have any enquiries in relation to Club merchandise, please contact Craig at **[merchandise@tuggeranongfc.com.au](mailto:merchandise@tuggeranongfc.com.au)**



## 2021 Online Store Openings

The online store is expected to be open for the 2021 season as follows:

- Mid season: **1-30 June 2021** with expected delivery late July to mid Aug
- End of season: **1-31 August 2021** with expected delivery late Sept to mid Oct
- Christmas presents: **1-31 October 2021** with expected delivery late Nov to mid Dec

Note: These dates are subject to change.

# COMMUNITY NOTICES

## Community Football Recruitment

Spread the word



# Tuggeranong Community FOOTY - 2021

Seniors 3rd grade mens and  
2nd grade womens

"I love this game"

Contact: [playafl@tuggeranongfc.com.au](mailto:playafl@tuggeranongfc.com.au)

Facebook: Tuggeranong Valley Australian Football Club



& recruit today!



# COMMUNITY NOTICES

## Canberra Southern Cross Club Tuggeranong

### Double CSCC Community Rewards until the end of June 2021

The **CSCC** Community Reward program donates a percentage of linked member purchases on food and beverages to us.

**Link Your Canberra Southern Cross Club (CSCC) membership to the Club Today!**



### CSCC Meat Raffles from 5:30pm Thursday & Friday

The Club holds the meat raffle at CSCC Tuggeranong each **Friday**. If you are free Friday evenings and want to support the Club, head on down to the CSCC Tuggeranong from **5:30pm** buy some tickets in the meat raffle and say g'day to Murray and Kristie!

Get there early and enjoy the added benefit of '**Canberra's Best Happy Hour**' from **4-6pm daily**.

**CANBERRA'S BEST  
HAPPY  
HOUR**

**49% OFF**

**ALL WINE BY THE GLASS,  
TAP BEER & SOFT DRINK\***

**4-6PM DAILY**

Canberra Southern Cross Club

# COMMUNITY NOTICES

## Bravehearts Foundation

### Kaiti Primrose - 7 States, 7 Days, 7 Marathons!!!

Kaiti has registered as a Bravehearts 777 National Runner in their 2020 Marathon Series. 7 States, 7 Days, 7 Marathons totalling 295.4km in the week.

Kaiti has pledged to raise \$10,000 for the **Bravehearts Foundation**, which is \$33.8 per km.

The event runs from 28 June to 4 July 2021. If you would like to follow Kaiti on her journey, donate to the cause, or register as a state runner use the link below.

<https://fundraise.bravehearts.org.au/fundraiser/kaitlinprimrose>

Donate Today





# COMMUNITY NOTICES

## The Denture Clinic – TVAFc Mouthguard Deal

🦷 **The Denture Clinic** Canberra has partnered up with the Tuggeranong Valley Australian Football Club and are offering a VIP discount on custom-made mouthguards to all club members.

💰 Mouthguards for adults are only **\$149**, kids' mouthguards are **\$110**. Add **\$20** for dual colour mouthguards.

☎️ Call The Denture Clinic on **1300 336 887** to book an appointment in one of our locations in Phillip or Greenway.

★ Custom-made mouthguards are the best insurance for your teeth and jaw. All mouthguards are made on-site in Canberra, individually for you.

👉 All items are claimable on private health insurance using the item code 151.



The  
Denture  
Clinic

**VIP OFFER**

**CUSTOM MOUTHGUARDS**



**ADULTS:**

~~\$195~~ **\$149**

**KIDS:**

~~\$175~~ **\$110**

# SOCIAL MEMBERSHIP



## Be a Tuggeranong Valley Australian Football Club Supporter!

### 2021 Membership for Tuggeranong Valley Australian Football Club

Become a part of our family and receive:

- Full Club voting rights
- Regular Club newsletter
- Access to the Pavilion with nibbles for home games
- A membership card
- Special members only discounts with select sponsors
- One fully catered home game function
- Your choice of a Club:
  - Coffee keep cup
  - Cap
  - Dress socks or
  - Beanie

#### Membership Prices

\$50 Pensioner Membership  
\$75 Adult Membership  
\$160 Family Membership  
(2 Adults plus children U18)

To become a Club member today:

1. Email [membership@tuggeranongfc.com.au](mailto:membership@tuggeranongfc.com.au) your:
  - Name
  - Contact Details and
  - Choice of Club coffee keep cup, cap, beanie or socks
2. Make payment via bank transfer:  
Tuggeranong Valley Australian Football Club  
BSB: 082 902  
Account Number: 413 086 113  
Reference: SOCIAL (Surname)

# COMMUNITY NOTICES

## National Capital Toyota – TVAFC Offer

**National Capital Toyota** are back on board for the 2021 Season and have offered to donate \$200 back to the Club for any cars purchased from them.

If you are after a new or used car pop in to see our friends at **National Capital Toyota** today!

Address: **211 Scollay Street, Greenway**

Phone: **02 6173 6100**

Email: [sam.droulias@ncm.com.au](mailto:sam.droulias@ncm.com.au)

Website: <https://www.nationalcapitaltoyota.com.au>



National Capital Toyota



# \$200

Donated to your footy club  
when you purchase a  
car from us!

SIMPLY  
MENTION THE  
"TUGGERANONG VALLEY  
AUSTRALIAN FOOTBALL  
CLUB"



Visit us today at  
**National Capital Toyota**  
211 Scollay Street, Tuggeranong



# CONTACT US

## Club Contact Details



[playafl@tuggeranongfc.com.au](mailto:playafl@tuggeranongfc.com.au)

## Club Communication Details



[www.tuggeranongfc.com.au](http://www.tuggeranongfc.com.au)



<https://www.facebook.com/tvaafc>



tv\_afc



@TuggeranongFC

## Communications Contact Details

Want to advertise a Club activity or include something in the newsletter, please email Mel at:

[Communications@tuggeranongfc.com.au](mailto:Communications@tuggeranongfc.com.au)