

VALLEY NEWS

TUGGERANONG VALLEY AUSTRALIAN FOOTBALL NETBALL CLUB



A WORD FROM WOMEN'S HEAD COACH

IMPORTANT DATES

Every Friday Night

Meat Raffles

Canberra Southern Cross Club,
Tuggeranong

8th March

International Womens Day

20th April

Senior Football Season starts

27th April

Junior Football Season Starts

4th May

Netball Season Starts

In our third Queanbeyan Cup we saw our program start delivering on some of the significant improvements and development they have been showing in the past few years.

To take four wins from five games against genuine competition was a great reward for a strong preseason and a real commitment to delivering against our game plans and strategy. It was great to see every single player contribute in every single game which is a very strong sign.

Encouragingly we had so many players that we were able to also support the Molonglo Juggernauts to get a team on the park which is what sport is about.

Our players across both teams performed brilliantly well and showed the strength of our Women's program in the Valley. A lot of work goes into these competitions and we have been really lucky to have been able to assemble a very strong coaching and support group as well which was the envy of all other Clubs there.

It was nice to have spectators commenting so positively on how well connected and well run our group looked.

Thank you to everyone who played a part in a fantastic weekend and contributed to such a great result for the Club.

We have focused on being 'all in' for the Club and this season and I believe that everyone delivered on that during the Queanbeyan Cup.

It's a great way to start the season!!!

Leo Lahey - Senior Women's Head Coach



A LETTER FROM THE DIRECTOR OF VOLUNTEERS

As we gear up for another exciting season of football and netball, I am reaching out to our amazing community for support. Our club thrives on the dedication and passion of volunteers like you, who generously give their time and energy to make our games and events a success.

As the Volunteer Director my role is to find the perfect role for each volunteer, most of all you should enjoy the role you do.

As someone who has been with the Club for a few years now, I have watched my now adult children grow up playing football, and along the way we have all made life-long friends with other families and players. I am sure that I have got a lot more out of the Club than I ever thought possible. So, I encourage you to make a small investment in our Club and you too will enjoy the benefits.

Volunteering is the lifeblood of our club, and here is why it's so important:

- 1. Club Spirit:** Volunteering brings our community together, fostering a sense of belonging and camaraderie among players, families, and supporters.
- 2. Skill Development:** Volunteering offers a fantastic opportunity for personal and professional growth. Whether it's coaching, managing teams, or organising events, there's something for everyone to learn and develop new skills.
- 3. Supporting Our Players:** Behind every successful team is a dedicated team of volunteers. Your efforts directly contribute to the success and well-being of our players, providing them with the support they need to excel on and off the field.
- 4. Building Stronger Connections:** Volunteering allows you to connect with fellow community members who share your passion for sports. It's a great way to forge lasting friendships and create memories that will last a lifetime.

But volunteering isn't just about giving; it's also about what you'll gain in return:

A Sense of Fulfilment: There's nothing quite like the satisfaction of knowing you've made a positive impact in your community. Volunteering gives you the opportunity to give back and make a difference in the lives of others.

Belonging: Volunteering with our club will make you feel like an integral part of our community. You'll be welcomed with open arms and become an essential member of our team.

Fun and Excitement: Volunteering is not only rewarding but also incredibly fun! From cheering on our teams to organising social events, there's never a dull moment when you're part of our volunteer team.

So, if you're ready to make a difference, meet new people, and have a blast along the way, we invite you to join us as a volunteer for the upcoming season. Whether you have a few hours to spare or want to get involved on a more regular basis, we have a variety of roles and opportunities available.

You can register your interest in helping out by emailing volunteers@tuggeranongfc.com.au or follow the link to register your details [Volunteer sign-up](#)

Racheal Kennedy - Director of Volunteers

VOLUNTEER WITH TVAFNC

Roles	Description	Approximate Commitment
Club roles		
Legal Consultant	Provide general legal assistance or advice as or if required. Primarily relating to contracts.	As required
Business Case Development	Assist the Club Board in the preparation of business cases for Infrastructure development	2 hours per week
Communications - Photographer	Photographer for Senior football. Game day photography and possible events and team photographs.	Game day 6-8 hours Own equipment
Communications – Advertising Consultant	Help guide how best we use funds to promote the club to surrounding ACT regions. Billboards/ Back of bus/ bus stops etc.	8 hours over the season
Events Coordinator	Coordinate and organise Club events along with the social committee	3-4 hours per week
Social Events Committee	Help organise Club events under the management of the Events Coordinator.	2-3 hours per week Various events
Auskick		
Auskick Coordinator	Arrange the Auskick program with the Junior Football Director	2 hours per week during the Auskick program
Coaches		1-2 hours during the sessions
Coaches Assistants/helper		1-2 hours during the sessions
Netball		
First Aid	Provide First Aid at training and game day for players	Multiple first aiders will share the time on game day and training

VOLUNTEER WITH TVAFNC

Junior Football		
Junior football Volunteer Coordinator	Work with the Junior Football Coordinator and the Club Volunteers Coordinator to encourage and recruit volunteers for various roles.	2-3 hours per week
Coaches/assistant coaches	Coach and mentor the development of team and players. Develop player skills, run training sessions, commit to 2 x Coach AFL sessions per season	Working with Vulnerable People Card required. Achieve a level 1 AFL Coaching accreditation before round 1
Assistant to the Junior register	Assist the current junior register, learn the role with the view of taking on the role next season.	2-3 hours a week at the start of the year until the season gets underway
Junior Property Coordinator	Coordinating the stocktake and purchase of junior equipment. Collation of the coach and the manager kits	10 hours in Feb 1-2 hours per week <u>through out</u> the season
Team Managers	Assist with organising the team, encourage families to be involved for game day roles, support the coaches, support the coordination of team awards and B&F voting. (NB: will be provided with a Manager's kit for guidance)	1-2 hours during the week 1 hour before the game, during the game and 1 hour after the game. Working with Vulnerable People Card required.
Time keepers	Keep time on home games	1-2 hours game day for each game Ideally 1 x volunteer per game
Scoreboard	Running the score board for home games	1-2 hours game day for each game Ideally 1 x volunteer per game
Junior Canteen Coordinator	Organise the junior canteen for game days. Purchase of the supplies, reconciliation of funds.	Home Games. 2-3 hours during the week leading up to the game. Coordinate setting up, during the day and pack up.
Junior Canteen helpers	Team of people required to serve in the canteen and <u>bbq</u>	Home games. Ideally this is <u>1-2 hour</u> obligation shared between volunteers. Shifts planned around your child's game so you don't miss their game.



WANDERERS UNDER 18'S INTERNATIONAL RULES GIRLS AFL SQUAD



While many across the club were enjoying a break over the festive season two of our AFL players headed to Ireland to compete against local Gaelic football teams, as part of the Wanderers under 18's international rules girls AFL squad. **Morgan Stevens** and **Adelaide Crosbie**, along with 31 other players from across the country, played 5 games right across North and South Ireland over 7 days.

Led by a coaching staff from across the country (including the head coach of the Brisbane Lions women's academy) the girls played a mix of Gaelic and international rules, at times switching between the round and oval each quarter.

The Aussie girls did us proud winning 9 of the 10 matches across two teams despite some arctic playing conditions. An impressive achievement noting many of the girls had never player Gaelic football over even met each other until three days before their first game.



Morgan Stevens



Adelaide Crosbie



WANDERERS UNDER 18'S INTERNATIONAL RULES GIRLS AFL SQUAD



Adelaide Crosbie with Jenn Dunne



Morgan Stevens with Jenn Dunne

Morgan Stevens also came away with players player for one of the teams. During their time in Ireland they also got a behind the scenes tour of the impressive Croke Park – the headquarters of the Irish Gaelic sports and second biggest stadium in Europe and also got to wear last year's AFLW premiership medal thanks to a visit from Brisbane Lions Irish recruit Jen Dunne.

Following the tour the girls enjoyed sight seeing around England and then France, rounding out three full weeks of adventure, before heading home ready to hit pre-season training with the TVAFNC.



FOOTBALL REGISTRATIONS



GET AROUND THE ACTION!

**FOOTBALL REGISTRATIONS FOR 2024
ARE NOW OPEN!**

Hit this [link](#) to register in your appropriate age group today!



Auskick registrations
close the **17th of March.**

Junior registrations
close the **17th of March.**

Senior registrations
close the **31st of March**



GWS COMMUNITY CAMP

We had a great night at the GWS Community Camp/ Come and try night yesterday. 🏈👑

It was so exciting meeting James Peatling, Lachie Whitfield and Jack Buckley from the GWS Giants! Everyone enjoyed asking them questions and having photos with the players.

Thankyou to everyone who made the night possible 🙌



JUNIOR SUMMER CAMP

It's not too late to join our FREE summer clinic!



Come on down and join in the fun!!!

FREE 8 WEEK SUMMER CLINIC

Boys & Girls 7 to 13 years old

Wednesday's 5:30 - 6:30pm

7th February to 27th March

Mackillop Catholic College (Isabella Campus)



SOCIALS

SOCIAL MEDIA

Have any good news to share?

We want to make sure we share everyone's good news equally.

So make sure you drop a line to Kim at Communications@tuggeranongfc.com.au to check if we have something lined up for you already or to arrange for a post to occur.



2024 PLAYER SPONSORS

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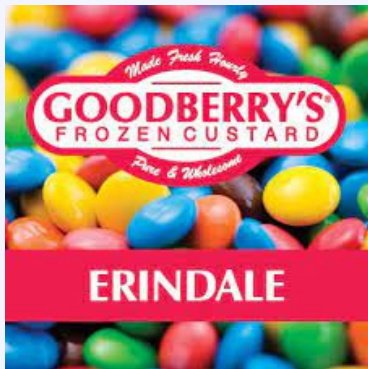


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