



# AFL Gold Coast NEWSLETTER

Pg: 1

Queensland's most professional family-focused community sport



Issue 4 - 28th April 2006



## Northern Rivers U16's Join the AFL Gold Coast Juniors League

Playing as an affiliated team of the Tweed Coolangatta Blues, the Northern Rivers U16's have joined the AFL Gold Coast Juniors league for the 2006 season. The team from Byron Bay were formerly playing in the Northern NSW competition which could no longer support an U16's division. The boys from south of the border were keen to play and to their credit the club coach, administrators and volunteers have worked together with the Tweed Coolangatta Club and the AFL Gold Coast Juniors to enable the boys to continue playing junior Australian Rules footy. The boys are currently placed equal third on the U16's Division 2 ladder after a successful start to their 2006 campaign against the Coomera Magpies (pictured below). The boys will play the Broadbeach Cats this Saturday (29th April) at 3.00pm at the Broadbeach Junior Football Club.

### AFLQ Gold Coast Office

#### Postal Address:

PO Box 5898  
GCMC BUNDALL QLD 4217

#### Physical Address:

Unit 6/20 Bailey Crescent  
SOUTHPORT QLD 4214  
Ph: 5528 2711 Fax: 5528 2722

### AFL Gold Coast Juniors Inc

Administrator: Jenny Webber  
Email: gcjaf1@bigpond.com  
Ph: 5528 6344 Fax: 5528 2722  
www.aflgoldcoastjuniors.com.au

### Development Manager

Troy Clarke  
Mobile: 0417 547 958  
Email: tclarke@aflq.com.au

### Regional Services Officer

Doug Ferguson  
Mobile: 0434 937 830  
Email: dferguson@aflq.com.au

### Development Officer

Tim Searl  
Mobile: 0415 274 319  
Email: tsearl@aflq.com.au

### Gold Coast Office Trainees

Haydn Keil  
Dane Eaton  
Aaron Rolfe (School Trainee)

### P/T Junior Development Officers

Michael Kranz  
Neil Lockett  
Sam Edwards  
Ben Merrett  
Stephen Clarke

### AFL Queensland Head Office

Ph: 3394 2433  
Fax: 3394 4977  
Email: reception@aflq.com.au  
www.aflq.com.au



## Hawthorn Hawks to Host a FREE Footy Skills Superclinic

Players and Coaches from the Hawthorn FC will take part in a Free Skills Clinic for all Gold Coast Junior players and NAB AFL Auskickers on Sunday, May 14 following their Round 7 clash with the Lions at Carrara on Saturday, May 13. The Superclinic will be held on Mothers Day (May 14) from 9.00am to 10.00am at Carrara. If you want to give your Mum a break on her special day get down to Carrara with your friends to have fun and learn a few football skills from some of the best players in the AFL.





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## Development Officers Report

We have total of 16 School based & 2 Club based (Southport & PBC) AFL Auskick centres starting in term 2. These centres are spread all over the Gold Coast and provide a great geographical coverage of all kids on the Coast.

### AFL Auskick Centres and Starting Dates Term 2

Auskick Centre	Day	Start Date
A.B.Patterson C	Friday	24/04/06
South Tweed PS	Monday	08/05/06
Mudgeeraba SS	Monday	08/05/06
Trinity LC	Tuesday	02/05/06
Ormeau SS	Tuesday	02/05/06
Hillcrest CC	Tuesday	02/05/06
Burleigh Heads SS	Wednesday	26/04/06
Gilston SS	Wednesday	26/04/06
St Andrews C	Wednesday	26/04/06
Lindisfarne C	Thursday	11/05/06
Ashmore SS	Thursday	04/05/06
Guardian Angels	Thursday	27/04/06
Jubilee PS	Thursday	27/04/06
Broadbeach SS	Friday	28/04/06
Mt Tamborine SS	Friday	21/04/06
Palm Beach SS	Friday	05/05/06
Southport Sharks JAFC	Friday	22/04/06 (Saturday)
PBC Lions JAFC	Sunday	22/04/06 (Saturday)

All these centres will run our 8 week program with two or three of these centres to run a modified program that will cater for the older kids by playing games from week 3 or 4. With all bar two club AFL Auskicks over, all clubs need to get to School AFL Auskick centres to start getting numbers for next year and the remainder of this year.

All Primary School Football is underway in both the North & South regions, with the winners of these comps to play of for the right to represent the Gold Coast in the Akermanis Cup (This will need to be decided by 14<sup>th</sup> of July).

This Term we will be holding our first ever State-wide primary school comp for girls competing for the Carol Berry Cup. The Gold Coast region will be conducting their carnival day on Wednesday 8<sup>th</sup> of June at Burleigh Bombers AFC on Christine Ave.

High School football is under way with our Wider School comp started as well as Central High School comp and the Border School comp on again after not happening last year.

Tim Searl



The very successful AFL Future Stars Program is on again for 2006. Future Stars is the first level in the AFL Lions Academy which is an innovative program that provides young Queenslanders the opportunity to participate in a first class sport and education experience facilitated by Brisbane Lions Stars. If you know of any talented 12 year old boys that are not playing club football but who possess the skills necessary to play AFL please contact Doug Ferguson on 5528 2711 or email



**FREE DEVELOPMENT SEMINAR**

Sport and Recreation Queensland in collaboration with the Gold Coast City Council are hosting a free Sports Development Assembly for all coaches and administrators. Topics of discussion include 'How can we reduce drop-out from youth sport? (3.00 - 5.00pm) and 'Enhancing Regional Associations.' (6.00—8.00pm.). The event will be held at the Tallebudgera Active Recreation Centre, 1525 Gold Coast H'way. For information or to register phone Sport & Rec Qld on 32801875 by Friday 26 May ,2006.



### U 14's Important Dates

#### Wednesday 3 May

- North & South Training
- 4.30pm - 6.00pm
- Surfers Paradise AFC

#### Monday 8 May

- North v South Game
- 4.30pm - 6.00pm
- Surfers Paradise AFC

### U 16's State Championships

#### Draw

Friday 5 May

- Stingrays v Raiders 11am

Tuesday 9 May

- Stingrays v Bushrangers 1pm

#### Finals

Thursday 11 May

- 10am - 3rd Pool 1 v 3rd Pool 2
- 12md - 2nd Pool 1 v 2nd Pool 2
- 2pm - 1st Pool 1 v 1st Pool 2

#### Venue

Zillmere Eagles AFC  
Zillmere Road



## Former Stingray Rd 4 Rising Star

Richmond defender Andrew Raines has won the round four NAB Rising Star nomination after a solid performance against the Lions last weekend.

Raines picked up 17 possessions for the side while holding Brisbane Lion Jarred Brennan to just one behind. So far this year, Raines has also faced Bulldog Robert Murphy, Saint Stephen Milne and Eagle Ashley Sampi and has held his four opponents to a collective five goals.

Raines, who made his debut for the club back in round 22, 2004, has played a total of 11 AFL games since being selected by the Tigers with pick 76 overall in the 2003 National AFL Draft.

His father is Richmond 1980 premiership player and triple best-and-fairest Geoff Raines but was not selected under the father-son rule. He was however selected in the same draft as current teammates Shane Tuck, Thomas Roach, Daniel Jackson and Brent Hartigan.

Raines played junior football on the Gold Coast for the Palm Beach Currumbin Juniors as well as a year at Southport and represented Queensland in the 2003 NAB AFL Under 18 Championships.

Raines joins Carlton's Marc Murphy, Collingwood's Dale Thomas and Port Adelaide's Danyle Pearce as the contenders for 2006 to date.



## U16's Stingrays Ready for State Championships

The Gold Coast Under 16 Stingrays are in the closing stages of their State Championship preparation with only two training sessions left before the start of their title campaign against the Northern Raiders next Friday 5th May at the Zillmere Eagles AFC. The squad (detailed below) has gone through a rigorous preparation including a two day camp at the Runaway Bay Super Centre and a practice match against the Suncoast Power at Coorparoo. Congratulations to all those selected and Elliot Bath from Tweed Collangatta who will captain the side. Good luck for the Championships!

### 2006 U16 Gold Coast Stingrays:

Brendan Bagley - Broadbeach  
Joseph Barille - Broadbeach  
Steven Bugeja - Broadbeach  
Ryan Dienjes - Broadbeach  
Travis Fraser - Broadbeach  
Cheyne Hutchinson - Broadbeach  
James Kelly - Broadbeach  
Tayler Rolfe - Broadbeach  
Joshua Searl - Broadbeach  
James Fitzgerald - Mudgeeraba  
Sean Goedheer - Mudgeeraba  
Alex Lobianco - Mudgeeraba  
Curtis Allen - PBC

Zac Callinan - Southport  
Max Davis - Southport  
Sam Mairs - Southport  
Lachlan Moir - Southport  
Daniel Ramage - Southport  
Leigh Warner - Southport  
Hamish Watts - Southport  
Chris Ac - Surfers  
Guy Addams - Surfers  
Sean Atkinson - Surfers  
Chris Kranz - Surfers  
Elliott Bath - TWC (Captain)  
Fred Sleeth - TWC



# AFL Gold Coast

## COACHES CORNER

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### Hawthorn to Host FREE Coaching Seminar

On Sunday, May 14, Hawthorn High Performance Coach, David Rath and one other member of the Hawthorn Coaching team will be guest speakers at a FREE Australian Football Coaches Association Coaching Seminar. The seminar is part of an ongoing education process for Level 1 and Level 2 coaches which will involve theoretical and practical knowledge being passed on from some of the best coaches in the business.

The FREE Coaching Seminar will be held from 9.00am – 10.30am at Carrara on Sunday May 14. If you are interested please register by emailing Troy Clarke at tclarke@aflq.com.au by Wednesday, May 10, 2006.

### What's On!

- April**
- 29 AFLGCJ (Round 4)
- May**
- 2 U12 South Coast Trials  
9 - 3pm Southport AFC
- 5 U16's Stingrays v Raiders  
11am Zillmere Eagles AFC
- 6 AFLGCJ (Round 5)
- 7 AFL - Sports First Aid Course  
Broadbeach AFC
- 9 U16's Stingrays v Bushrangers  
1pm Zillmere Eagles AFC
- 9 Sport & Rec Qld Workshop -  
Financial Mgt - Nathan
- 10 BOD Meeting
- 10 Child Protection Workshop -  
Gold Coast
- 13 AFLGCJ (Round 6)
- 13 AFL Game @ Carrara  
Brisbane v Hawthorn
- 14 MOTHERS DAY!
- 14 Free Coaching Update  
(Hawthorn Clinic)  
9.00-10.30am Carrara
- 14 Hawthorn Free Superclinic  
9.00-10.00am Carrara
- 17 Presidents Meeting - Labrador
- 20 AFLGCJ (Round 7)
- 27 AFLGC (Round 8)
- 31 Sport & Rec Qld Presentation  
Sports Development  
Tallebudgera 2.45pm - 8pm
- June**
- 3 AFLGCJ (Round 9)
- 4 Level 1 Auskick Rules Coach-  
ing Course—Coorparoo
- 18 Free Coaching Seminar  
(Western Bulldogs)  
Venue - TBC

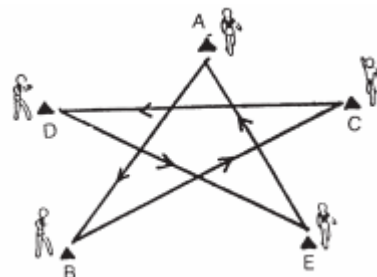
### Star Handball

**Skills:** Handball, passing, marking

**Description:** Groups of three to four at each marker. Player A handballs to player B and runs on to B. Player B handballs to player C and runs on. Player C handballs to player D and runs on. Player D handballs to player E and runs on. Repeat.

**Variations:**

- Introduce additional balls.
- Introduce token, then active opposition at key points.
- Increase distance and kick the ball.



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