



#BUY IN NO EXCUSES

# Zebra News

## Issue 15 2018



DECEMBER 2018

### PRESIDENTS REPORT

It is that time of year again and only a few weeks until Christmas, therefore on behalf of the committee and coaching staff I would like to wish everyone a very Happy Christmas and a safe New Year.

Thank you to Wayne Coleman our outgoing President for all of his hard work at the Zebras, Wayne's roles are too numerous to mention, thank you, also Alana Coleman for her work as VP Business in 2018 we hope to see you both at the Zebras supporting us in 2019.

Since the AGM which was held in October the committee and coaching staff have been working hard off field.

Our coaching staff is made up of the following

Head Coach:	Justin Scicluna
Senior Assistant:	Manny De Bono
Senior Assistant:	Gareth Britten
Senior Assistant:	Tony Cincotta
Runner:	Mitch Gibbons.
Team Manager:	Lin Rotherham
Reserves Coach:	Matthew Peterson
Runner:	Josh Massugar
Team Manager:	Terry Rotherham
Under 19's Coach	Scott Savage
Assistant Coach :	Paul Davidson
Team Manager :	Karen Banfield
Runner :	Lynden Banfield

As a committee we will support the coaching staff as much as possible and wish them a very successful 2019 season

My first task as President was to run a Strategic Planning Day which was held on the 11<sup>th</sup> November, thank you to all those who attended and to the members, supporters, sponsors who forwarded me discussion points to be raised at the meeting, your input was valuable and much appreciated.

The club now has a firm plan for the next three years. If you would like a copy of the plan, please send me an email and I will forward a copy to you. As well as the Strat Plan document, the committee has coordinated a business plan and we are very clear on where we have lost or made money over the last three years. We have appointed Nathan Palmer as Treasurer, Nathan is currently studying accountancy is a Senior Player at the Zebras and has certainly made an impact as Treasurer in the early stages of him being appointed.

I would like to take this opportunity to thank all of the sponsors in 2018, some of whom have been sponsors for long periods of time, I hope that we will be able to retain your commitment for Season 2019.

If you know of anyone who would be interested in sponsoring the Zebras or in fact your own business sponsoring us in 2019. please do not hesitate to phone me or contact me at [foresthill@fl.org.au](mailto:foresthill@fl.org.au)

As well as increasing our sponsors in Season 2019 we would like to really make a concerted effort to increase our membership, either through the very successful 200 Club, or general memberships, further details will be forwarded early in the New Year.

Player sponsors are also available and this is a good way of supporting the players that take to the field week in week out, if you would like to sponsor a player please fill in the attached form and email it back to me at [foresthill@efl.org.au](mailto:foresthill@efl.org.au), if you don't know a player's name then maybe sponsor your favorite number of the number you wore when you played at the Zebs if you are a past player.

The Zebras are also delighted to announce that for the first time in several years we will

field an Under 19 team, we welcome all of these young men, their parents and supporters to the Senior Club. The Under 19's will be coached by Scott Savage who was there coach in 2018. Please support the Under 19's with a Player Sponsorship as well.

I extend an invitation to everyone to join the players, coaching staff and committee, for dinner at the Burvale on Wednesday 12<sup>th</sup> December from 7.00pm to meet the new recruits and have a meal and Xmas drink before we break for the holidays.

I am more than happy to take phone calls or emails about anything that you would like to discuss with me at any time. Let's hope this is the Year of the Zebra.

**Gayle Wood/President/Secretary**

0438 092100

### SENIORS COACHES REPORT

Firstly, I would like to thank outgoing President Wayne Coleman for all the work he has put in during his last tenure as President. And with that I would also like to welcome in Gayle Wood as our first female president. I am looking forward to working a long side you and helping to continue improve the place we call Forest Hill.

Pre-season has been a busy one for us coaches as we have actively been recruiting additional players to add to our already strong list. Our aim was to bolster our stocks up forward whilst adding some leg speed on the outside. We are satisfied we achieved this with the addition of eight new players to the football club. We welcome Kane Jones, Reyne Harris, Tallin Brill, Dean Waterstone, Adam Cotela, Jack Macgregor, Jacob Zboril and John Rozakis. The other pleasing fact, is the club will for the first time in some years have

a stand-alone U19's side which is very exciting. These players are the future of our football club and Scott Savage as coach, will no doubt, do a fantastic job in integrating them into the senior club.

Pre-Season training kicked off, back on the 12<sup>th</sup> of November and the boys have been working hard on the track to develop their own individual games and as a collective. As a team we have made the pre-xmas stage of pre-season about working on our skills under pressure and fitness. With the addition of the new recruits and our current players coming back in good shape, we have already seen an improvement in the team. The players will break for training after the 12<sup>th</sup> December and return back in mid-January where the training regime will ramp up.

As coach of the senior club I urge all our members to get on board, support the club in 2019 in whatever way you can. 2019 looks to be an exciting year for the Zebras, but we are very aware there is a lot of hard work that still needs to be done if we are to be successful both on and off the field. Every other club is trying to achieve the same objective as us so as a playing group we will do everything we can in our power to reach the ultimate.

Have a great Christmas and New Year's break everyone!

**Cheers, Justin Scicluna Senior Coach**

## ZEBRAS NETBALL

Thank you to Natalie Armany & Stephanie Halliday who will be our Netball Conveners for Season 2019.

## FOREST HILL CRICKET CLUB

Past Players Day at FHCC Sunday 16th December Forest Hill v Blackburn South (the Manning-Johnson Cup), which will include a fundraiser for Beyond Blue.

FHCC Super draw day will be on Sunday 27th of January, more details will be following soon.

## FOREST HILL ZELDAS

We are looking for ladies to become members of our Zelda's Coterie Group for 2019. Please have a think about joining the Zelda's in 2019.



## DRAW FOR SEASON 2109

06/04/19	Away	East Burwood
13/04/18	Home	Croydon Nth/MLOC
27/04/19	Away	Nunawading
04/05/19	Home r	Fairpark
11/05/19	Away	Silvan
18/05/19	Away	Coldstream
25/05/19	Home	Kilsyth
01/06/19	Away	Surrey Park
15/06/19	Bye	
22/06/18	Home	East Burwood
29/06/18	Away	Croydon Nth MLOC
06/07/19	Home	Nunawading
13/07/19	Away	Fairpark
20/07/19	Home	Silvan
27/07/19	Home	Coldstream
03/08/19	Away	Kilsyth
10/08/19	Home	Surrey Park
17/08/19	Bye	

## NEW AFL RULES

The rules below will come into place in 2019 season

1. **Traditional playing positions at centre bounces**
  - a. Clubs must have six players inside both 50m arcs, with one player inside the goal square.
  - b. Four midfield players must start inside the Centre square with two wingmen stationed along the wing
2. **Kick-ins**
  - a. At kick ins a player will no longer need to kick to himself to play on from the goal square.
  - b. Following a behind the man on the mark will be brought out to 10m from the top of the goal square rather than the existing 5 m

3. **Marks and free kicks in defence**
  - a. When a defender marks or receives a free kick within nine metres of their own goal, the man on the mark will be brought in line with the top of the goal square.
4. **Runners and Water Carriers**
  - a. Team runners may only enter the playing surface after a goal has been kicked and must exit before play starts
  - b. Water carriers are not permitted to enter the playing surface during live play.
5. **Umpire contact**
  - a. Players will be prohibited from setting up behind the umpire at centre bounces
6. **50m penalties (25m)**
  - a. The player will the ball must be allowed to advance the mark by 50m (25m) without the infringing player delaying the game and will be able to play on while the 25m penalty is being measured out.
7. **Kicking a goal after the siren**
  - a. A player who has been awarded a mark or free kick once play has ended will now be able to kick across their body using a snap or check side kick, but they must kick the ball directly in line with the man on the ark and the goal.
8. **Marking contests**
  - a. The hands in the back-rule interpretation has been repealed so a player can now place his hands on the back of his opponent to protect this position in a marking contest, PROVIDED he does not push his opponent in the back.
9. **Ruck Contest (prior Opportunity)**
  - a. A ruckman who takes direct possession of the ball from a bounce, throw up or boundary throw in will no longer be regarded as having prior opportunity.

THANKYOU TO OUR AMAZING SPONSORS FOR 2018



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