



# Zebra News

## Issue 17 2019



#BUY IN NO EXCUSES

MAY 2019

### FROM THE PRESIDENT

We are now well into the season and looking forward to the tussle for the Clegg Shield which will take place on Saturday May 25<sup>th</sup> at home against Kilsyth. We welcome all of our 200 Club members and Past Players to Zebreland, the Under 19's will kick off proceedings at 10.00am.

In 2019 the committee knew we would face some challenges with a number of players moving on for one reason or another, and an anticipation of having Under 19's for the first time in some years. At our strategic planning day back in November 2018 we identified many areas of the club that needed improvement and are progressing well under this plan. Commitment, strategic development, hard work and positive affirmation to our players and committee will in turn bring success, I have no place for negativity within the club.

As President I am fully supportive of our Senior Coach and his coaching team. Justin and his team have worked tirelessly in the off season and continue to do so, to make sure that there is a sense of pride in the Zebra Jumper for anyone new to the club and also a commitment by the players new and old to improve each week, no one could question the amount of work that has gone on behind the scenes and because of this we saw incredible success on Saturday against Coldstream, the belief the players had in each other was amazing, so proud of each and every one of you.

Our Under 19's have brought a great sense of comradery, friendship, talent and hard work to the Senior group, they have molded so well into the Senior club, you all should be very proud of yourselves, as we are.

**Gayle Wood/President/Secretary**

**GO ZEBRAS!**

### SENIOR COACHS REPORT

After a disappointing start in round 1 both sides were looking to bounce back in round 2. It was great to see the reserves kick start the day with a great win which helped instill some confidence within the group. This was then followed on by the senior group who triumphed by 20 goals with a great team effort.

We then moved on to a much improved Nunawading. Our reserves had a disappointing loss. The senior game was a tale of two halves. We did what we needed to be done in the first half before we flicked the switch and played some of the football we knew we were capable of to come away with a 96 point victory.

It was time for what was going to be a testing three weeks against three of the contending sides in 2019. The reserves had a much-improved effort, and this came with a change in mindset and a willingness to work hard for one another. Unfortunately, after winning  $\frac{3}{4}$  quarters they just fell short. The seniors group put in a gallant performance for three quarters but were let down by their start and then the finish to the game. In saying that there were a lot of positives to come from this game which we hoped to build on in the coming weeks

Next, we ventured out to Silvan who offered up another tough challenge for both sides. Our reserves again put in a good performance with an undermanned side to come up short by a couple of goals. The senior group suffered another decent loss but this time it came with a poor performance after the first quarter. We just did not come prepared to play and do the things asked of us for long enough. In saying that we still maintained

faith and the belief that we could compete with the best sides.

That brought us to Coldstream who were going to be a tough ask up on their home deck. Our reserves undermanned again did a great job but just could not apply scoreboard pressure. It is great to see the boys fight the game out until the end. Our seniors had their best win of the season. It was a game where everything we had been working on started to come together. The joy and feeling at the end of the game is something that needs to be salvaged and used as a driving force to want more success for the remainder of the season.

**Justin Scicluna – Senior Coach**

### RESERVES COACHES REPORT

Round One saw the Zebras take on East Burwood and this showed us that they are the real deal for the competition. They came out of the gate right for the beginning and it was an uphill battle. To give the boys some credit, we didn't give up or stop running. Big thank you to Toby (Under 19s) and Lachie (Under 19s) for filling in and giving us some extra numbers on the day and it really showed that these boys can match the senior bodies.

Round Two saw the Zebras take on Croydon North in the first home game for the year. Croydon North are a new team to the Division and as I said to the boys we can't take them lightly. The first two quarters were very sluggish and it was a pretty even contest. It was a much better second half from the Zebras as we outscored Croydon North 10 goals to their 4. Big thanks to Joey (Under 19's) and Toby (Under 19s) for giving us some extra numbers that weekend.

Round Three saw the Zebras take on Nunawading and boy did they come out running from the word go. The Zebras pegged

it back to only trail behind by 7 points going in at half time. However, our boys just thought it was going to happen and Nunawading were playing their own game. They are a changed side now and well and truly deserved this win. Our boys need to pay respect to our opposition and not think teams will let us just walk over them. Let's put this one behind us.

Round Four saw the Zebras take on Fairpark in the second home game for the year. This game was very tight in the first half, where the Zebras took the lead going in at half time. Unfortunately, in the third quarter the boys had a 15-minute lapse where Fairpark piled on 6 goals and we didn't score. However, the boys did not give up and held them scoreless in the last quarter, to only loose by 15 points. I was very proud of the way the boys played in this game and the fact they didn't give up.

Round Five saw us travel to Coldstream and the result was not what we were wanting, however again the boys did not give up and are starting play as a team, with so many new players they are learning about each other every week.

Also, a big thank you to all the boys who help around at the club and helped behind the BBQ and bar. Well done boys! Hopefully with a bit more consistency of our group playing together we can string together some wins and get us back on the winners list.

#### Matthew Peterson – Reserves Coach

#### UNDER 19'S REPORT

Since our last report our U19's are starting to find their feet in the combined Division 3 and 4 competition having already played the top 2 teams in Division 3, it proves from the results that we more than capable of matching it with the best of them.

After 6 rounds we currently sit 3rd at 3 wins and 3 loses on the Division 4 ladder. As a predominately first year side the signs are great going forward. It's fantastic to see how the boys are starting to adapt to senior football and the senior club getting around them and embracing them.

Also it's great to see that we have already had Ben Rudd been rewarded in making his debut in the 1<sup>st</sup>s against Silvan in Round 5. On a side note I would like to make mention in one of our players Luke Stelling who is currently playing for the Oakleigh Chargers in the Under 18 NAB League and going well, good luck Luke. This week we play Kilsyth at home at 10am from which will be a big day for the club overall.

#### Scott Savage – Under 19's Coach

#### VETS REPORT

The Vets kicked off Round 1 against Noble Park (the new kids on the Vets block) at their ground under lights on a Friday night. We had a few of our key players unavailable and Noble Park – who showed no sign of first-Vets-game-nerve (probably because they were full of ex-Division 1 premiership players and comp B&F winners) – ran out convincing winners, 30.24-204 to 1.1-7 (not a great start to the season! but the truth is, we've never seen a Vets team so polished and I'd suggest they will be premiership favourites).

Round 2 saw us host North Croydon MLOC, another new team in the EFL Vets comp, though they have been playing together in the Yarra Valley league for some time. Again, we had a few key players unavailable and we went down 3.2-20 to 14.9-93.

We were looking to bounce back against our old foes Boronia in Round 3 at home but alas they were too strong in the end. Thanks to everyone who came down to the club yesterday and supported the boys in a valiant effort.

#### Chief (Team Manager)

#### FOREST HILL JUNIORS REPORT

The Zebra Juniors have again had a great start to the season with 6 teams being fielded. It was hectic as usual, and a tough task to get enough players to satisfy minimum numbers in a couple of our teams, but due to a lot of hard work and enthusiastic recruiting, we managed to see the following teams hit the field in Rnd 1, and their respective Coaches noted -

- U9 Mixed: Anthony Mancee
- U12D Boys: Kev Doherty
- U14C Boys: Ryan McCann
- U14 Div 2 Girls: Vaughan Ackland
- U15D Boys: Jason Foots
- U16 Div 2 Girls: Gary Di Paola

After 3 rounds the U14 boys are undefeated and look to be in for another big year. All other teams have likewise had great starts to the season, and we are all very enthusiastic about the year ahead.

Our U14 girls have suffered from low player numbers. We ask that all please spread the word for more girls to come and give it a go; we have a great Coach, and the girls are a fun, determined and talented group. We are offering free registration and free uniform for any new recruits.

We have plenty of room for more players in all age groups above, with the exception of the U15D boys.

The Auskickers have also kicked off for the season with 2 sessions already completed.

Our numbers have doubled from last year which is fantastic for the Forest Hill Club as a whole. It's never too late to join Auskick, so if anyone is interested go to <https://play.afl/auskick>. Auskick is held at Forest Hill Reserve on a Friday evening 6-7:30pm.

For any queries regarding the Juniors, please contact myself on 0418 571 707 or at [foresthilljnr@efl.org.au](mailto:foresthilljnr@efl.org.au)

Dom Sherlock FHJFC President

#### ZEBRAS NETBALL

The Zebras are fielding two teams this year, one team in Div. 1 and the other in Div. 4, the girls have so far had mixed results for the start of the season but are looking to consolidate as they move into the season

We are still looking for players, therefore if you know anyone who wishes to play please contact Natalie Armany at [fhnetball@gmail.com](mailto:fhnetball@gmail.com).

## EVENTS

# 25<sup>TH</sup> MAY 2019

## 200 CLUB & PAST PLAYERS DAY

Looking forward to seeing as many Past Players and Members of the 200 Club as possible

If you would like to join the 200 Club please contact Gayle – [foresthill@fl.org.au](mailto:foresthill@fl.org.au) and a form will be forwarded to you, if you prefer a tax invoice be provided this can certainly be arranged.

We currently have 20 paid up members of the 200 Club and are aiming for 60 for 2019



## 1<sup>ST</sup> JUNE 2019

### \$5K RAFFLE DRAW

7.30pm – 11.30pm \$50 admit one per ticket



**INCLUDES:** Beer Wine Soft Drink and Finger Food,

**\$5000** In vouchers of your choice to be won

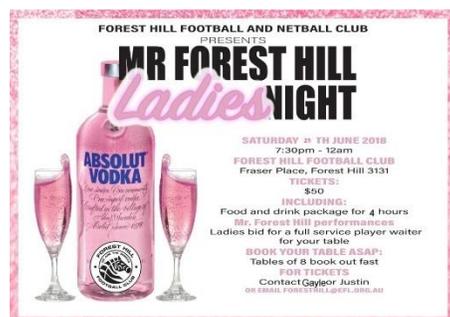
For tickets please see Jono East at the club

Or email [foresthill@efl.org.au](mailto:foresthill@efl.org.au)

## 29<sup>th</sup> JUNE 2019

### LADIES NIGHT

Book your tables now, limited numbers for this annual event \$50 per head includes beer, wine and soft drinks, contact Justin Scicluna [zebrascoach1967@gmail.com](mailto:zebrascoach1967@gmail.com) or Gayle Wood [foresthill@efl.org.au](mailto:foresthill@efl.org.au) for a table.



## 13<sup>TH</sup> JULY 2019

### Green and White Ball

Mitcham Hotel

Compulsory event for all players

Further details to be advised

### DRAW FOR SEASON 2109

|          |      |                  |
|----------|------|------------------|
| 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  |                  |

### Safety tips for playing AFI Football

#### Good preparation is important

- Undertake training sessions prior to competition to ensure readiness to play.
- Undertake pre-season training to improve strength, flexibility, stamina, agility and balance. A trained coach or fitness advisor can guide you in the right direction.
- Before playing competitively learn, practise and use correct skills and techniques.

#### Providing a safe environment

- Forest Hill check the ground to remove or cover hazardous objects e.g. broken glass or sprinkler heads.
- Cricket pitches are covered by the council at the end of each cricket season.
- Fences are checked and have a minimum meterage from the boundary line.
- Goal posts are padded with high-density foam, at least two metres high and with 35 millimetres thickness.
- Qualified first aid personnel, first aids kits, ice packs and a stretcher are always available.

- Telephone access, to contact emergency services are always available.

#### Pre-game safety

- Players should complete a warm up including stretching, slow jogging and running activities, with and without a football.
- Eat a balanced, nutritional diet.
- Drink water before a game or training session.
- Avoid drinking alcohol 48 hours before a game.
- Seek professional advice about the most appropriate boots to wear for playing conditions.
- Wear sunscreen and re-apply during breaks on sunny days.
- Be aware of game rules, play fairly and respect opponents and umpiring decisions.

#### Game safety

- Wear a mouthguard, preferably custom-fitted, always.
- Protective headgear, ankle braces and thigh protectors can protect players with a history of head, ankle or thigh injuries.
- Drink water during and after a game or training session.
- Umpires should enforce game rules at all levels.
- Avoid drinking alcohol after a game.

#### If an injury occurs

- Players should seek prompt attention from qualified first aid personnel.
- A health professional should make the decision whether an injured player returns to the field.
- Ensure players are fully rehabilitated before returning to play after injury.

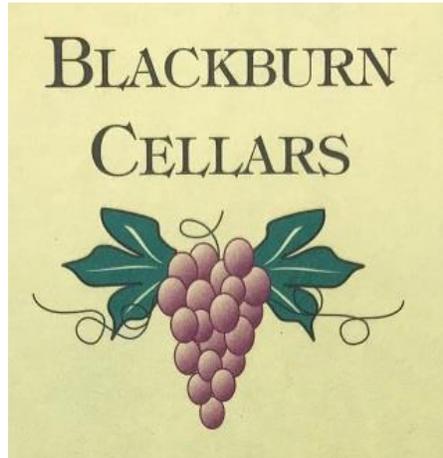
**Forest Hill Football Club prides itself on being a Good Sports Club**

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