



Bouncedown Newsletter

March 2018

Hi West Coast Families

Thank you for registering your children at WCJFC this season. We are planning a great season of footy, and we can't wait to the first bounce down on 29 April.

A warm welcome to the 68 (and still counting) children enrolled in Auskick, the newcomers to our club and to our returning families. I'd like to extend a special thank you to our volunteers and committee, we are all looking forward to supporting your kids through their footy journey.

During the season we will publish 3 or 4 Newsletters, please take a moment to read the information and enter some activities into your calendar. Team Managers will communicate with you regularly and club information is available at westcoastjfc.com and on our Facebook page.

[Club Website](#)

[Facebook Page](#)

Key Dates

Tuesday 20 March 4:30-5:30pm - Pre Season Fitness Training # 1, Gobsmacked Mouth Guard fittings, Uniform sales

Tuesday 27 March 4:30-5:30pm - Pre Season Fitness Training # 2

Tuesday 3 April 4:30-5:30pm - Pre Season Fitness Training # 3, Gobsmacked Mouth Guard fittings, Uniform sales

Tuesday 27 March 4:30-5:30pm - Pre Season Fitness Training # 4

Sunday 29 April - Round 1

Pre Season Fitness Training

Pre season fitness training is offered to all players in Years 3 to 9. The professionals from Aspire Fitness will lead sessions beginning outside the club rooms at 4:30pm. The sessions will be split into two age appropriate groups. The sessions are provided by the club, no booking is required and players are encouraged to attend as many sessions as they like.

Pre season team training will begin soon, and details will be provided by team coaches and managers.



Mouthguards

Mouth guards are compulsory for all players in competition years (3 and up) and very strongly recommended for Auskickers too. Our club sponsor, Gobsmacked make high quality mouth guards, and have arrangements in place with most private health insurers. Gobsmacked will be conducting

fittings at the Club on 20 March and 3 April from 4:00-6:00pm. More information about the mouth guards and to download an order form please visit their website by clicking below.

[Order Form](#)

[Gobsmacked's Website](#)

Uniform

Each player is provided with a game day jersey, and this will be presented by the Coach during pre season training. Players are encouraged to wear WCJFC branded shorts and St Kilda socks. Alistair Barnes from Jim Kidd Sports will be selling these items, plus taking orders for merchandise at the Club on 20 March and 3 April. If you aren't able to make it, but would like to place an order, please visit the club's website by clicking below.

[Order Uniform Items Online](#)

Registration

In addition to our highly successful Auskick program, we will field teams in Years 3 to 9 this year. Registrations for all year groups is still open and if you know of someone who wishes to join please encourage them to register as soon as possible. We are accepting registrations up to 12 March.

In 2019 we would like to field girls teams. During this season we will be seeking expressions of interest, stay tuned.

Many of our Year 10 players have commitments to the PSA competition and as a result we aren't able to field a Year 10 team. We wish all of our players the best for this season and we hope to see them back at City Beach as Amateurs one day.

[Registrations](#)

[West Coast Amateur Football Club](#)

Coaches & Managers

We are close to finalising our coaches and managers for this season, we will notify each year group when they have been appointed. I'm sure you'll appreciate that this is an important process for our club, it's also something we don't want to rush. If you would like to read more about our coach selection procedure please check out our website.



Photo courtesy of Grant Taylor Photography

[Coach Selection Procedure](#)

Volunteering

WCJFC is supported by an amazing network of kids, parents, families, committee members and local businesses. However in running this great club we do need the support of volunteers. There are many ways for families to be involved, please contact us if you'd like to lend a hand.

[Volunteer at WCJFC](#)



Game Times & Grounds

Auskick will play each Sunday, at the new time of 8:45am. They will play on the City Beach Oval (main oval, near club rooms).

For players in years 3-9 they also play on Sunday. The games times for 2018 haven't been finalised, but if you wish to use the times from last year as a guide they are below. We will communicate game times with you as soon as they are confirmed by the Claremont District.

2017 Times - Please use as a guide only

8:30 - Years 3 & 4

10:00am - Years 5 & 7

11:30am - Years 6 & 8

1:00pm - Year 9

During the season some games may change to accommodate a Friday Night Derby and City to Surf.

Our teams train and play at McLean Park in Floreat, and the ovals at City Beach. Your Coach & Manager will provide more information.

Season Dates

To accommodate a 15 game season and finals whilst working around AFL fixtures, public holidays, and community events, the following season dates have been agreed:

29 April - Round 1

3 June - Bye

24 June - Last round before school holidays

15 July - First round after holidays

12 August - Auskick Gala Day

26 August - City to Surf

2 & 9 September - Finals (for teams in Years 7-9)

9 September - AGM & Season Windup



Auskick Gala Day 2017 - Photo courtesy of Grant Taylor Photography

True Sport

Have you heard about the True Sport program? It's an initiative launched by Sport and Recreation WA to help clubs create a good sport experience for children, families, umpires, spectators and the wider community. If we are able to adopt the 8 values of True Sport, if we are supportive parents and inspiring team mates we will be able to ensure we all have the kind of sport experience we deserve and desire. You can check out the program on their website below. You'll be seeing and hearing more about True Sport soon.

[Truesport Website](#)



Be a True Sport

The way we play together shapes the way we live together

#GiveBack
Volunteer, embrace opportunities to give back and thank those involved with bringing you the game.

#PlayFair
Be honourable – do the right thing on and off the field.

#BringYourBest
Bring your best to every game and enjoy the challenge – win, lose or draw.

#HaveFun

It's healthy, it's a game, it's sport – enjoy it! Have fun training and competing at all levels.



#IncludeAll

Invite everyone to participate and make sport meaningful for the whole community.

#BeSafe

Ensure participants are safe on and off the field.

#BeHealthy

Look after the physical and mental wellbeing of yourself and others.

#ShowRespect

Demonstrate mutual respect for everyone – team-mates, opposition, clubs, community and treat others how you want to be treated.



 Department of Local Government, Sport and Cultural Industries

Share your stories about the true value of sport and recreation @TrueSportWA   

Sponsorship

We rely on our sponsors for the future of our Club and without sponsorships, we are unable to do the 'extra' things that move us forward. An individual or business can sponsor the Club, a team, a Round of Footy, an event or make a purchase for us. If you or your business is able to help the Club by providing sponsorship please contact Justin Dyson, our Co-ordinator Sponsorship at sponsorship@westcoastjfc.com.

We thank Gobsmacked for their ongoing support of WCJFC. This year we welcome the support of Greg Williams from Mack Hall Real Estate, Floreat Forum and SRB Legal. You'll can read more about them on our website, and you'll hear more about them in future newsletters and on our Facebook posts.

[More on Sponsorship](#)

[Express Interest in Sponsoring WCJFC](#)



Year 7 Melbourne Trip

Each year, WCJFC Year 7s organise a footy trip to Melbourne. The Club offers some financial support, but it relies heavily on the commitment of parents. We hope that this year's year 7s will have the opportunity to continue the tradition.

Contact Details

Please ensure that you your contact details in the Sports TG system are up to date. If during the season they change please update them in Sports TG and advise your Team Manager.

[Sports TG Website](#)

