

BUSINESS
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rdiclub.com

MRJSC NEWS



ISSUE TWO

JUNE 2015

ISSUE TWO

ALL ITEMS
FOR INCLU-
SION IN ISSUE
THREE OF THE
MRJSC MUST
BE EMAILED
THE ADMIN.
BY

FRIDAY 26TH
JUNE 2015

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The Month

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NIGHT OUT

You're Club is a WINNING Club!

M S C **SPORTING SUCCESS**
4 X SENIOR PREMIERSHIPS IN A YEAR

FOOTBALL

SENIORS:
2014 SFL Division 2
Premiers

RESERVES:
2014 SFL Division 2
Premiers

CRICKET

SENIORS:
2014/15 DDCA Turf 1
Premiers

FOURTHS:
2014/15 DDCA D Grade
Premiers

MCC CAPTAIN COACH
MONTO PERERA

MFNC PLAYING COACH
SAM ANSTEY



BECOME PART OF THE WINNING CULTURE

WWW.MORDIALLOCFC.COM.AU

WWW.MORDIALLOCCC.ORG

Sponsor of the Month—**RADSPORT**

A new training & coaching centre for all ages.

Call or email Radsports to arrange a time for a free introduction coaching trial. There is no cost or obligation. Sessions will last for 1/2 hour.

We are a family owned business. We provide a centre fitted with Gabba Sports synthetic grass, retractable lane dividers and magnetic induction Hibay lighting. Whether

it's cricket, tennis or soccer, we can accommodate.

At Radsports, our aim is to productively assist you to improve and enjoy a variety of sports. Exercise maintains physical fitness which benefits an individual to a healthier lifestyle. We have tailored programs targeting junior development and women's fitness. We also provide one on one & group

coaching sessions as well as school holiday programs.

Rayne Baptist

T: 9590 9762

M: 0418 318 530

E: radsports@outlook.com



WHY IS TRAINING SO IMPORTANT TO SUCCESS?

“Excellence is not a singular act but a habit. You are what you repeatedly do.”

Shaquille O’Neal

Redbacks Netball



The juniors are finishing their Summer / Autumn season this weekend and after finals and a short break, they will be back for the new season. Congratulations to the teams that made finals. We wish you all the very best in your campaign for grand final success. Thank you to all of the Team managers and Coaches, you do a wonderful job.

Registrations are now being taken for the new season. For any information please contact :

Nikki Woinarski

nwoinarski@mordicclub.com

OR

Jacqui Miller

djmiller9@bigpond.com

This is a great Club with motivated, passionate Coaches who share their love of the game with all of the players.

If you know anyone looking to join a Club, give them our contact details..they would be more than welcome.

Senior Update :

Both teams are in the top four and are working hard to secure a place in this year's finals. If you would like to come and watch—the Seniors play at 12 noon and the Reserves at 1.15pm at the Dingley Courts.



Redbacks Football



With the Seniors continuing their winning ways and cementing their position in the top division, our junior team has been inspired.

Not that we keep score, but if we did, we have won three in a row!!!

The boys, under Sean Supple, are really starting to understand the game and

are working hard on skill development.

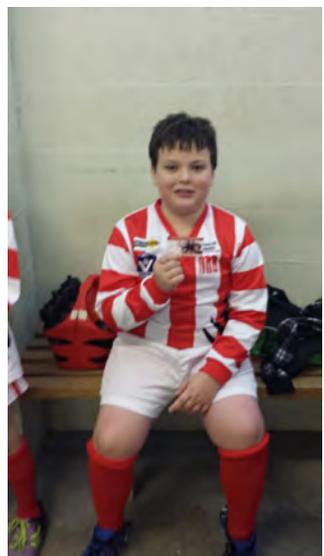
We welcomed two new players to the Club, Tim and Patrick, and both ran out last weekend in our colours for the very first time.

After being sidelined with an injury it was good to see Brandon back. Congratulations

to all three boys on a great first game.

Our next home game is Sunday 28th June. We start at 9am. Come on down, the egg and bacon rolls are brilliant and the coffee is hot. The future of our Club is out there and it is in strong hands!

GO REDBACKS!!!



TOP LEFT : Luke, Lachlan and Patrick. Playing footy and making friends. That's what it's all about.

TOP RIGHT : The Boys after their game against Frankston YCW. What a win! We are so proud of you boys.

BOTTOM RIGHT : Brandon played his first game and won an award. Great game Brandon and congratulations!

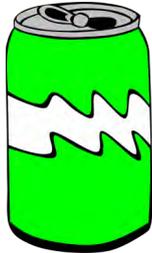
UPCOMING EVENTS ;

Thursday 11th June—Buddy Night : The boys will be training with the senior MFC players.

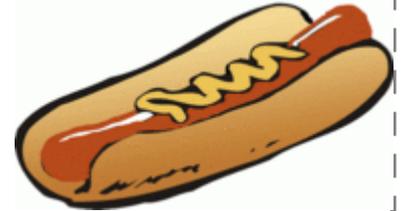
Friday 19th June—Movie Night : Details TBA

HOME GAME DEAL

ATTENTION :ALL REDBACKS JUNIOR FOOTBALLERS

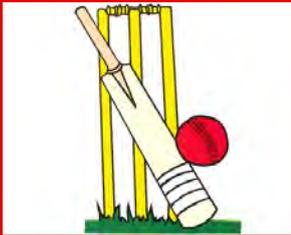


Every home game for the senior Club you are welcome to attend. If you wear your football jumper you will receive free entry to the game , a hot dog and a can of soft drink at the canteen.



NEXT GAME—SATURDAY 13TH JUNE

BEN KAVANAGH RESERVE



Redbacks Cricket Clinic

BELOW : Scott Boland (Vic Bushranger) speaks to the Redback players.



The Mordialloc Redbacks CC is hosting a winter clinic at Radsports in Braeside. This is a follow up to the successful school holiday clinic run during the Summer break. The program will allow our juniors to fine tune their skills and be match ready for the start of the season. A huge thank you to Gerry Barden and Jamie Frencham for all of their hard work.

Warm Up & Cool Down

No matter what your age, warming up and cooling down is an important part of your pre-game or training routine.

The warm-up aims to prepare the body and mind for the day. It increases the body's core temperature, which is especially important for the muscles, as they are more susceptible to injury when they are cold. Other benefits of the warm-up are your heart rate and breathing rate increases, which helps to get more oxygen to your muscles. Without oxygen, your muscles are like a car trying to drive without petrol. Not very effective!

The ideal warm-up should last for 5-10 minutes and incorporate the major muscles of the legs and arms. The in-

tensity of the warm-up should begin at a low level and gradually build up to the intensity required during competition. We are often asked should I do static stretches in the warm-up? The latest research shows moving a muscle through its full range of movement (active stretching) is more effective than static stretching. So get those muscle's moving!

Too many people neglect the cool down at the end of a session or game. It is just as important as the warm-up. The cool down should occur immediately after you finish and last for 5-10 minutes. The purpose of a cool down is to help the body to slow down and aid its recovery, especially helping to

get rid of the waste product lactic acid.

The cool down normally consists of low intensity movements such as walking and jogging and static stretching. This helps to return the body to its normal levels and minimizes any post exercise soreness. Stretching after activity helps to ensure maximum flexibility, muscle relaxation and aid the recovery process.

For the stretches to work you need to hold them for a minimum of 10 seconds and focus mainly on the muscles groups that you have used that day.

If you have any questions about what to do in your warm-up or cool down or if you are suffering from any injuries please feel free to call us at the clinic on 9580 1985 to book in for your FREE assessment.



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HEALTHY TRAINING TECHNIQUES

A **FREE** seminar for all Club Coaches and Volunteers.

Monday 22nd June : 6.30pm : Mordialloc Sporting Club (Upstairs)

Bookings essential.

Contact Nikki Woinarski

0404 283 132 / nwoinarski@mordiclub.com



Redbacks Basketball

Under 14 Girls :

The team have grown in confidence and skill since last season's grand final. So far they have won five out of six games and are sitting second on the ladder. The girls have recently begun training to music and this initiative of their

coach, Mike Goldsmith, has been very well received. Mike says there is great improvement in team and individual play and that all of the girl and parents are enjoying the season so far.

Under 18 Girls :

The team, some of whom are playing

above their actual age group, have four out of seven games and are third on the ladder. All girls are contributing to the scoring with Ashleigh, Elise and Holly topping that list. Their coach, Natalie McNamara, is proud of their great work.



Ben Kavanagh Update

Thank you to all of our Clubs, Players, Members and Supporters for their assistance with our budget submission to Council.

Our petitions and objections have been lodged and last night

Troy McCooke, on behalf of the MSC, spoke at the Council meeting. There were several submissions being presented, all of them sport based, and these will be discussed and a vote carried our next Tuesday 9th

June.

It was a great turn out last night, a sea of red flooded the Council chamber and nobody could question our commitment.

Thank you one and all.



SUPPORT THE LOCAL PRIMARY SCHOOL

**Girls
Out
Night**

Thursday 11th June 7 - 9pm
Help raise money for new sports equipment

Mordialloc Beach Primary School
staff room

R.S.V.P. by Monday 9th June

*Come fresh faced, and ready to pamper yourself
with luxurious Arbonne skincare and cosmetics,
free of harmful ingredients and great for your skin*

Entry \$10

Includes nibbles, a glass of bubbly

Your host: Linda Clucas
(Lily's Mum, Grade 6)
Arbonne Independent Consultant

lclucas@myarbonne.com.au mobile: 0411 488 112
www.lindaclucas.arbonne.com

All welcome, bring a friend if you like!



Mordialloc Football Netball Club

At the Queen's Birthday break four of the five senior teams are in the top four and working hard to secure finals berths.

Highlights :

- 1sts footy coming from 3 goals down late in the last quarter to beat local powerhouse Dingley by 5 points.
- 1st netball having a commanding 68 goal win over

Hampton—a record win for them.

- Reserves footy kicking away in the last quarter against East Malvern to triumph by 4 goals.
- Reserves netball having the clubs very first win over Dingley by 5 goals.
- Thirds footy having a come from behind win over

Cheltenham in the last quarter to trump them by 20 points. This was their first win in Club colours.

The Club is performing well on and off the field and going from strength to strength. Congratulations to Terry Evans and his Committee for all the hard work and organization that it takes to put those teams out on the ground each week. Well done!



Ray White Mordialloc

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MFNC UPCOMING SOCIAL EVENTS

DOG DAY AFTER- NOON

MFNC are hosting a day at the Sandown Races.

Sunday 14th June. 1pm Bus pick up and drop off. Cost \$30 inc entry, \$10 betting voucher and finger food.

Contact : Neil Low



PAST PLAYERS, COM- MITTEE AND SUP- PORTERS DAY

SATURDAY 27TH JUNE. 12 NOON. BEN KAVANAGH RESERVE.

\$25 ENTRY , LUNCH AND FIRST DRINK FREE.