

Interleague Instructions – U13



Games Schedule:

Venue: Narre North Reserve, 203A Belgrave-Hallam Road, Narre Warren North

Date: Sunday 11th June, 2017

Division 1:

vs Yarra JFL	1.00pm	20 minute quarters	Oval 1
--------------	--------	--------------------	--------

Division 2:

vs Yarra JFL	11.45am	12 minute quarters	Oval 2
--------------	---------	--------------------	--------

vs South East Juniors	1.30pm	12 minute quarters	Oval 2
-----------------------	--------	--------------------	--------

Game Arrival time

60 minutes prior to the start

What to bring to games

- SMJFL Bag with name on it. Inside are socks, boots, mouthguard, shorts, jumper and strapping tape if you need it
- Smaller bag with your name on it inside bag for your valuables such as watch, phone, wallet (if you want to hand to Team manager to secure)
- Copy of Game plan or Coaches notes from John.

What to wear to games

- SMJFL Hoodie with warm up top and jumper (optional) underneath
- In order of strong preference, black or grey tailored pants, black jeans (no rips), Black tracksuit pants
- Dark shoes, (preferably black)

Load and Fatigue

To date, we have been quite tolerant of the load and commitment to other sports and done our bit to ensure your bodies are not overworked. As we approach the carnival, we request you take all reasonable measures with the combination of sports and training you attend, to be fresh for the 11th June.

Photos:

Please note that we will be having team photos taken on Monday May, 29th during training at Moorleigh Reserve.

Auskick Visits:

We now enter the Auskick visit phase. So, from now until 9th June we would ask you to attend an Auskick centre in your Interleague jumper. A list of clinics is available via a link on the website.

Before the visit, at least three days beforehand we want you to write a short paragraph introducing yourself telling the centre coordinator when you will attend.

During the visit we would like you to photograph yourself with some Auskickers and send to media@smjfl.com.au as well as the Interleague coordinator- Steve Zayler(smjflinterleague@gmail.com).

Very important: include the centre name, your name and Interleague age group in the title of the email.

If a group photo include the names and age group of all participants.

We really want you to hook in and help the centres run their Auskick clinics as the kids will love it!

What to wear:

Your Hoodies, training top or jumper. Tracksuit and sneakers so you can help out.