

## Interleague Instructions – U15 Girls



### Games Schedule:

#### Division 1 Girls:

vs SEJ	Wednesday 31 <sup>st</sup> May	7.00pm	Heatherbrae RR, Officer	(away)
vs NFL	Saturday 10 <sup>th</sup> June	2.00pm	Koornang Park, Carnegie	(home)
vs YJFL1	Monday 12 <sup>th</sup> June	2.00pm	Koonung Reserve, Bulleen	(away)

#### Division 2 Girls (Development team):

vs EFL2	Wednesday 31 <sup>st</sup> May	6.15pm	Pat Wright Senior Oval, Noble Park	(away)
vs YJFL2	Saturday 10 <sup>th</sup> June	11.30am	Koornang Park, Carnegie	(home)
vs EFL1	Monday 12 <sup>th</sup> June	2.00pm	Pat Wright Senior Oval, Noble Park	(away)

### Game Arrival time

60 minutes prior to the start

### What to bring in your bag to games

( Note: All Males will leave the room for a period of time to allow changing and prep time before the game)

- 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 jewellery, phone, wallet (if you want to hand to Team manager to secure)
- Copy of Game plan and anti - density rule you have learned

### What to wear to games

- SMJFL Hoodie with warm up top and jumper (optional) underneath
- In order of strong preference, black or grey slacks, 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 10-7 days before game one, we request you take all reasonable measures with the combination of sports and training you attend, to back off and manage your load, so you are fresh for the first game. If it is possible to work cooperatively with your club coach to manage game time on Sunday 28 May, that will definitely assist your preparation game one.

## **Training Variation:**

Please note that we will be having team photos taken on Monday May, 29<sup>th</sup> during training at Moorleigh Reserve. Also, to get a look at the ground we will play our home game at on the Saturday, training on the 5<sup>th</sup> June will be at Koornang Park in Carnegie (Caulfield JFC home ground).

## **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](mailto:media@smjfl.com.au) as well as the Interleague coordinator- David Zivin ([zivins@hotmail.com](mailto:zivins@hotmail.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. Invite them all to come and watch your Under 15 Girl's home game.

## **What to wear:**

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

Interleague Instructions – Insert Age group 14/15B

## **Games Schedule**

### **Game Arrival time**

60 minutes prior to the start

### **What to bring in your bag 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, jewellery, phone, wallet (if you want to hand to Team manager to secure)
- Copy of Game plan and anti - density rule you have learned

### **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)

Interleague Instructions – Insert Age group 13

### **Games Schedule**

Amanda to insert

### **Game Arrival time**

60 minutes prior to the start

### **What to bring in your bag 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, jewellery, 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)