



Important Dates to Remember:

Edition 6, Pre-season 2018

Sunday 11th February	11.00am/1.00pm games Practice Match against Sandringham Dragons Venue Frankston Oval, Frankston
Monday 12 th February	5.30pm Training Night Shepley Oval, Rehab session, plus .
Sunday 18th February	10.00am/2.00pm Practice Matches Against Murray Bushrangers (Punt Road, Richmond Tigers home venue)
Monday 19 th February	5.00pm Training Night Shepley Oval, 2018 TAC Cup List Announced plus rehab session.

CHANGE OF TRAINING VENUE: Due to the list announcements over the next two weeks we will be training at Shepley Oval on a Monday and Wednesday night. Monday night will be flush runs, recovery skills, ice baths and game vision.

2017 TAC CUP LIST SELECTION: Please make sure you present yourself in the right manner on game day- plenty of rest leading into the games making sure your body is hydrated. Drink more rather than less, get minimum of 8 hours of QUALITY sleep and prepare your mind for pre- and post-games...not forgetting to eat and fuel your body for the game/s!

Practice Game – Sandringham Dragons: Players will be allocated into 2 teams and play 4 quarters each. The Coaching staff will play individuals in position THEY feel will help us in 2018 and even further into 2019 for the bottom age group (Under 17 players). Once the game is completed and the match committee have spoken to each team players can leave to do their own rehab session as a group at Frankston Beach (compulsory session for ALL players).

Over the next two weeks the Football Coaching Operations committee will identify players into three categories

- List 2018 (roughly 35 players)
- Potential- Development list (20 odd players)
- And those players not fortunate to make the 2018 squad who will be interviewed on Monday 12th and Monday the 19th of February with Craig Black and Mark Wheeler.

Players who are unfortunate not to receive a TAC Cup spot will receive an email/text on SUNDAY requesting player and parent to attend the meeting at Shepley Oval, Dandenong. Players we would highly encourage your parents to attend, especially bottom age players.

***Just to remind everyone we currently have 88 players training, with the preference for the TAC Cup list for season 2018 is given to 18/19-year old's who are in their draft window, along with those bottom age players who the coaching committee feel are potential Vic Country players for the future.**

REHAB ON TRAINING NIGHTS: If you have school sport or fitness testing at school (i.e. beep test, yoyo test) please let Doug Greenough or Craig Black know at the start of training so we can modify your training program.

Secondly, the rehab group **MUST** be willing to work harder than the main squad so don't think you can use it for a rest. It is really hard for the Coaching Committee to make a judgment call on players who are in rehab compared to those who are training and playing in the games when it comes down to the list selection over the next 2 weeks.

Office Address: Shepley Oval, Pultney Street, Dandenong
Mailing Address: PO Box 1313, Dandenong VIC 3175
Phone: (03) 9791 8656
Region Manager: Mark Wheeler (Mobile: 0419 529 766)
Coach: Craig Black (Mobile: 0418 529 190)
E-mail: Mark.Wheeler@aflvic.com.au | **Website:** <http://southernstingrays.com.au/>



LOCAL FOOTBALL CLUB TRAINING: With many local clubs having now started training for 2018 it's a good time to update everyone on our training policy. If you are training with the Stingrays 3 nights per week you are not to be training at your local club. We are happy for you to go and complete a 1000 touch session but you should not be training.

We are doing enough fitness work at Stingrays that you do not need to be doing any extra. With practice games started you need to monitor your loads as much as possible to ensure you give yourself the best opportunity to be picked in the final squad named in late February.

IF YOU MAKE THE 2018 TAC CUP LIST: To help parent and players the below information is to help with preparation for our 2018 Player's Camp (end of February) which is going to be held at a new venue this year- THE SUMMIT CAMP. **Address:** 21 Cemetery Rd, Trafalgar East VIC 3824

Being that far away we will be asking players to be at Shepley Oval by 3.00pm on Friday 23rd February to catch the team bus, which is leaving at 3.30pm. We understand this may need players to leave school early that day.

2018 CAMP & SEASON FEES: Thank you to the few players who have started the process of securing a player Sponsor and/or talking with me in regard to 2018 TAC Cup In-Season Levy's.

All players who make the 2018 TAC Cup squad (Announced 19th February) have two financial commitments:

1. Firstly, everyone has to pay a \$190.00 to attend the live in Camp, which covers Bus trip up and back, accommodation cost, all meals and the activities on Sunday (1/2 day of activities). This needs to be paid before camp or on arrival Saturday morning.
(Bank Transfer, Cash and Cheque made out to AFL VICTORIA available)
2. Secondly, the 2018 Season levy is \$380 per person that covers all your uniforms and off field cost associated in being involved with the TAC Cup. This needs to be paid before round 1
3. Third, **if you choose the option of having a player Sponsor they take care of the camp fee of \$190.00 and your Season Levy of \$380.00.** The form needs to be returned prior to the camp or as you arrive. **PAYMENT** can be made after this date if they wish to receive an invoice for payment for tax purposes. **If anyone is confused with this please see me.**

Note: if anyone has food allergies or restriction of some foods and didn't state conditions on the online registrations form please see Mark Wheeler on Monday night for a form to fill in so we can make sure you are looked after at Camp...you must let me know by the weekend.

Local club registration: All players must register with a local club they are intending to play with in season 2018 before Friday 23rd February. Please notify PB when this has been completed.... Just a FYI ...to play with the Stingrays EVERY player must have registered with a local football club. In the past players have registered with a club without playing a game due to Stingrays, School and possible Vic Country selection.

Training Apparel: Please make sure you are in your 2018 uniform each session. Can players please make sure they have the following EACH SESSION:

- Football boots and runners
- Foam roller and activation band
- Boxing Gloves
- A towel to every session, with showers compulsory at the end of training.
- When using the gym- players MUST bring a towel for the equipment...NO TOWEL= NO GYM

Boxing Mitts & Roller. All players who didn't receive mitts or a roller last year can purchase from Mark Wheeler for \$20.00 each. It is compulsory every player has gloves and their own foam roller at each session

Office Address: Shepley Oval, Pultney Street, Dandenong

Mailing Address: PO Box 1313, Dandenong VIC 3175

Phone: (03) 9791 8656

Region Manager: Mark Wheeler (Mobile: 0419 529 766)

Coach: Craig Black (Mobile: 0418 529 190)

E-mail: Mark.Wheeler@aflvic.com.au | **Website:** <http://southernstingrays.com.au/>



MEDICAL/ PHYSICAL / INJURY MANAGEMENT: The Stingrays have the services of Michelle Crowther, Dan Harrison, Amy Donato and Melissa Harrison as the Club's preferred physio for 2018. Our Physio team will attend training two nights a week from now on which will be Monday and Wednesday nights at Shepley Oval. Any Injured player is required to attend both Monday and Wednesday nights at Shepley Oval to seek rehab with the Physio's and our sports science team.

Please note: It is important that if players are injured away from Stingrays training that they see a Physio for treatment before attending Stingrays training. The Physio team at the Stingrays are here to help monitor the injuries and rehab programs. Our agreement with Be Your Best Physio allows Stingrays' players some priority and discount with bookings- so please mention you are with us.

If you have any questions or concerns, please see me at training.

INJURED/REHAB BOYS: All injured and rehab boys are to report *IMMEDIATELY* to the medical team at arrival each training night. Do not come and report your injury to myself or coaching staff as they are the experts in this area and know how to handle the situation/s.

If you get injured away from Stingrays please remember the first 24 hours are the most crucial in managing the injury. Remember RICE... Please refer to your Medical sheet (in Handbook) for clarification on any medical issues and requirements we expect from you.

REMEMBER THAT YOU MUST HAND OVER A COPY OF ANY CURRENT PHYSIO REPORTS TO OUR PHYSIO'S IF YOU'RE USING A PROVATE PHYSIO/CONSULTANT SO WE CAN HELP MANAGE THE INJURY AND MONITOR THE REHAB PROGRAMS SET IN PLACE.

Homework: Remember to work on your SKILLS, CORE STABILITY, and RUNNING TECHNIQUE as suggested to you from the relevant staff. It is up to you on how hard you work on your deficiencies away from the Stingrays training that will give you the best chance moving forward.

Sherrin Footballs: To help with your skill development the Stingrays have purchased new Sherrin Footballs at a low discounted price of \$60.00 each. If you wish to purchase one they are available each WEDNESDAY night- see Mark Wheeler or Peter Bainbridge prior training.

Reminder, work rate is an attitude and doesn't require TALENT. At the limited sessions, we have please make sure you give it your all and leave no stone unturned in your efforts to make the 2018 TAC Cup pre-season squad.

Those who are injured must work harder and be diligent in their recovery off the track as your team mates are gaining an extra session each week. Please do not waste your time and mine by not getting something from a session.

Tuesday and Thursday Training: It is more than likely the 13th of March when we will move from Monday, Wednesday and Friday training to Tuesday and Thursday training session. Once I have the access confirmed from the Dandenong Council and the Cricket club I will let everyone know.

Office Address: Shepley Oval, Pultney Street, Dandenong

Mailing Address: PO Box 1313, Dandenong VIC 3175

Phone: (03) 9791 8656

Region Manager: Mark Wheeler (Mobile: 0419 529 766)

Coach: Craig Black (Mobile: 0418 529 190)

E-mail: Mark.Wheeler@aflvic.com.au | **Website:** <http://southernstingrays.com.au/>



2018 Training Schedule Outline:

Wednesday 7 th February	5.15pm Dandenong (North group) and 5.30pm (South group) Conditioning session. Physio in attendance
Thursday 8 th February	Leg Rest Day
Friday 9 th February	5.30pm Tatterson Park, Keysborough. Skills session, core stability and remedial work, plus game sense training. Extra running for those behind acceptable standard
Saturday 10 th February	Unsupervised Weights for Everyone
Sunday 11th February	8.30am Practice Match Sandringham Dragons Venue Frankston Park, Frankston (TBC).
Monday 12 th February	5.30pm Shepley Oval, Dandenong. Flush running and recovery session
Wednesday 14 th February	5.30pm Tatterson Park, Keysborough. Skills session, core stability and remedial work, plus game sense training
Friday 16 th February	5.30pm Tatterson Park, Keysborough. Skills session, core stability and remedial work, plus game sense training. Shorter session due to game next day!
Sunday 18th February	10.30am/2.00pm Practice Matches Against Murray Bushrangers (Venue- Punt Road, Richmond- TBC)
Monday 19 th February	5.00pm Training Night Dandenong- Initial List Announced
Wednesday 21 st February	5.30pm Tatterson Park, Keysborough. Skills session, core stability and remedial work, plus game sense training
Friday 23 rd February	Bus leaving Shepley Oval at 3.30pm Sharp (TBC) Coaching staff and special guest presenters at Camp dinner served at 7.00pm Friday night- followed by 1 st and 2 nd Class Session.
Saturday 24 th – Sun 25 th Feb	7.00am Live in camp for all listed players. Camp. Ends at 2.00pm Sunday.
Monday 26 th February	Rest Night- No training, light swim advised for all players.
Wednesday 28 th February	5.30pm Shepley Oval Dandenong, Conditioning session, game structure and skills.
Friday 2 nd March	5.30pm Tatterson Park, Keysborough. Skills session, core stability and remedial work, plus game sense training.
Monday 5 th March	5.30pm Tatterson Park, Keysborough. Skills session, core stability and remedial work, plus game sense training.
Wednesday 7 th March	5.30pm Tatterson Park, Keysborough. Skills session, core stability and remedial work, plus game sense training.
Friday 9 th March	No Training due to AFL Victoria Testing Day
Saturday 10 th March	AFL Victoria testing day for 45 invited players- all remaining players to make themselves available for local football practice games unless injured.
Monday 12 th March	Public Holiday- individual session TBC

Office Address: Shepley Oval, Pultney Street, Dandenong

Mailing Address: PO Box 1313, Dandenong VIC 3175

Phone: (03) 9791 8656

Region Manager: Mark Wheeler (Mobile: 0419 529 766)

Coach: Craig Black (Mobile: 0418 529 190)

E-mail: Mark.Wheeler@aflvic.com.au | **Website:** <http://southernstingrays.com.au/>



Dandenong Southern STINGRAYS

DANDENONG STINGRAYS

Rd	DATE	OPPOSITION	H/A	VENUE	DAY	TIME
1	25 th March	Geelong Falcons	A	GMHBA Stadium Geelong	Sun	2.00pm
2	30 th March	Gippsland Power	A	Morwell	Fri	1.30pm
3***	7 th April	GWV Rebels	H	QEO, Bendigo	Sat	12.30pm
	14 April	TAC Cup Bye		Vic Country Trials		
4	22 nd April	Western Jets	H	Shepley Oval	Sun	1.00pm
5	28 th April	Oakleigh Chargers	A	Warrawee Park	Sat	1.45pm
	5 ^h May	TAC Cup Bye		Vic Country Trials		
6	12 th May	Eastern Ranges	H	Shepley Oval	Sat	2.00pm
7	19 th May	Murray Bushrangers	A	Ikon Park, Carlton	Sat	2.30pm
	26/27 May	TAC Cup General Bye		Vic Country Trials		
8	3 rd June	Sandringham Dragons	H	Shepley Oval	Sun	10.45am
	9/10 June	TAC Cup General Bye				
	9/10 June	Allies v Vic Country U18				
9	16 th June	Oakleigh Chargers	H	Shepley Oval	Sat	2.15pm
	16/17 June	SA v Vic Country U18				
10	23 rd June	GWV Rebels	H	Shepley Oval	Sat	1.00pm
	24 th June	Vic Country U18 v Vic Metro			Sun	
	29 ^h June	Vic Country U18 v WA			Fri	
11	7 th July	Geelong Falcons	H	Shepley Oval	Sat	2.00pm,
	14/15 th July	TAC Cup Bye				
12	21 st July	Bendigo Pioneers	H	Shepley Oval	Sat	1.00pm
13	29 th July	Calder Cannons	A	RAMS Arena	Sun	11.30am
14	4 th August	Northern Knights	A	Preston Oval	Sat	2.00pm
	11/12 August	TAC Cup General Bye		Futures match		
15***	18 th August	Geelong Falcons	A	MARS Stadium	Sat	12.30pm
16	25 th August	Sandringham Dragons	A	Trevor Barker Reserve	Sat	10.30am

*** Double or Triple headers with TAC Cup games

** Double header with VFL

Office Address: Shepley Oval, Pultney Street, Dandenong

Mailing Address: PO Box 1313, Dandenong VIC 3175

Phone: (03) 9791 8656

Region Manager: Mark Wheeler (Mobile: 0419 529 766)

Coach: Craig Black (Mobile: 0418 529 190)

E-mail: Mark.Wheeler@aflvic.com.au | **Website:** <http://southernstingrays.com.au/>