

THE CROW'S CALL



ALBION PARK CROWS: 'THE JUNIOR CLUB FOR THE FAMILY & COMMUNITY'

www.albionparkcrows.com.au

AFL RESULTS

Sydney Swans 63 def by Fremantle Dockers 100.

Adelaide 75 def by North Melbourne 84

Well Done to all the kids in the last 2 weeks, some great results and efforts.

CLUB SONG

Crows Crows we're the best

Fight like soldiers we won't rest

Rain hail snow or storm

We're the greatest to perform

C.R.O.W.S Go Crows!



Fitness for women on the go.

www.contours.net.au
Albion Park - Ph: 4257 7346



PRESIDENT'S MESSAGE

Welcome to new members of our club in 2010, every week we seem to sign someone new. I hope you enjoy your AFL experience.

Recently our club committee has endorsed the use of a Club Sports Chaplin. A Sports Chaplin provides support for sports organisations, including administrators, supporters, members, players and family networks. Please see club notice board for further information. Ken Bond is our club Chaplin and Child Protection Officer (CPO). If you see Ken around, introduce yourself and have a chat. A CPO is a requirement from

Sydney AFL and they ensure committee and coaches adhere to relevant administration regarding child protection. It is comforting to know your child is in good hands.

Please remember to do your bit for your child's club and come in a help out in the canteen, set up and pack up, cook the barbeque or assist in the ground in the mornings/afternoon. Thank you.

A BIG thank you to Tracey and Dione for taking on this role. Please help these 2 great women in the canteen on your teams allocated home game.



**Pinocchio's
Pizza and Pasta**

148 Terry Street, Albion Park
Phone: 4256 9888

Also a BIG thanks to the Emmett & Spinks families for their kind donation of BBQ supplies. Much appreciated.

Please support our club sponsors as they help us keep rego fees low. If you purchase something from a sponsor, keep the receipt and place it in the box at the canteen with your name and number on it and you'll be in the draw to win a great prize at the seasons end.

GENERAL INFORMATION

Soon building works will be carried out at Croome Rd. Our club was successful in lobbying council for a storage facility for all our club gear. If you are a tradie and can help please contact Craig.

SOCIAL SOCIAL SOCIAL

The clubs trivia night is on 31st July. \$15/head or \$100 / table of 8. This is a great fun night and funds raised go towards the kids presentation and trophies at seasons end.

Boot bags are for sale just \$15.00, Be Quick, limited stock.

Also Club Caps \$15. Heaps in stock now. If you wish to order a Club polos do so as TODAY is LAST DAY for orders.

Adults \$35, Child \$25

Protien: Helps repair and rebuild muscle after exercise and can also be used during exercise as an energy source. So kids, eat your meat, chicken and dairy foods. Don't forget to stay hydrated by purchasing a STAMINADE or water after your game.

Michels Patisserie in Albion Park have a great offer of 10% off special orders like birthday cakes if you say you are from the Albion Park Crows AFL Club. Don't forget to use your sponsor discount card and look for specials on our website.

LOST & FOUND ITEMS: Please take all your gear home. We will have a box of items in the canteen, however, at the years end, items not collected will go to the Salvation Army.

LUCKY NUMBERS: Remember to buy you \$2 lucky number. You could win \$50. The last 2 home games have resulted in Albion Park winners ! Funds help pay for game day umpires.

Our club heavily relies on volunteers. Lets not have the same few every home game. Recent research findings have found that parents involved in childrens sport have significant benefits for both children and parents. See a committee member or coach for more information on what needs to be done on game days. Helpers are welcome and always needed.



President:

Craig Pusser
0415 335284

Vice President:

Steven Moss
0438 429 646

Treasurer:

Rachel Woolfe
0408 211410

Secretary:

Nichollette East
0408 616360

Grounds Coordinator:

Paul Tatton — AM
Jeremy Boorman — PM

Registrar:

Michelle Boorman
0403 342 538

Coaching Coordinator:

Vacant
0422 870930

Canteen Manager:

Tracey & Dione

General Members:

Julie Pusser
Kerrie Butters
Michael Prince



General stuff.

If you have a photo of the days action, please send to craig-pusser@gmail.com and at the end of the year a prize will be given to the best photo that captures the spirit and fun at our club. Team photos will be organized for some

time soon. Watch this space.

CONGRATULATIONS:

Our lucky registration draw winner is..... Reuben West from the U9s....you have won a \$40 voucher from REBEL SPORT. Well done.

SAFETY FIRST

Mouth guards are not compulsory, however, they are highly Recommended.

Correct shoes are compulsory for training and match games—no footy boots—no game/training

The Albion Crows would like to extend a massive "Thank you" to the local businesses that support our team! Please show them your thanks by visiting their websites and looking at the services they offer. If you know someone who may be able to sponsor the Club, contact Craig.

NEWSLETTER / WEBSITE SUGGESTIONS.

If you have any suggestions for the Crow's Call, please contact Nichollette 0408 616 360.

NOTICE:

The club is looking for minor sponsorships of \$300 to assist make up the short fall in funding for the storage facility about to built at our ground. If you know someone who can assist that

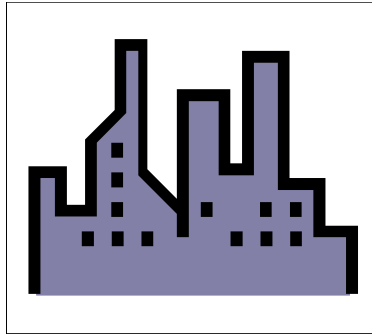
would be great. Email craig-pusser@gmail.com for information.

Thank you to Shellharbour City council for their grant of \$5095 and to Sydney AFL who contributed \$3000.

For Club results go to www.albionparkcrows.com.au and click on AFL Links then Illawarra Juniors and follow instructions from there.



INSIDE STORY HEADLINE



Caption describing picture or graphic.

INSIDE STORY HEADLINE

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions

for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice

column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

“To catch the reader's attention, place an interesting sentence or quote from the story here.”

INSIDE STORY HEADLINE

This story can fit 75-125 words.

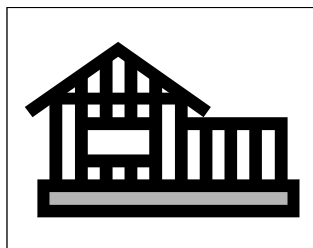
Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes

thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure



Caption describing picture or graphic.

to place the caption of the image near the image.

Albion Park Crows JAFL

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com

We're on the Web!
example.microsoft.com

Your business tag line here.



This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

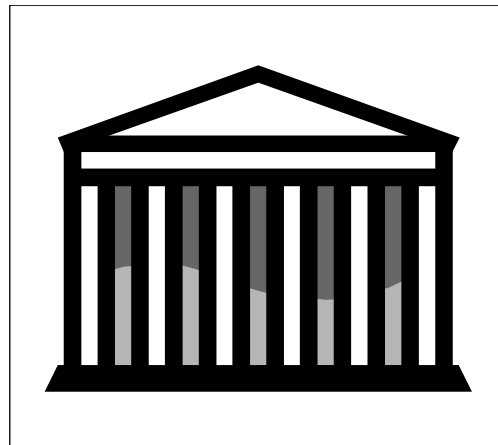
BACK PAGE STORY HEADLINE

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees. If you have any prices of standard products or services, you can include a list-



Caption describing picture or graphic.

or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.

ing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month,