



PO Box 1003

Albion Park Rail NSW 2527

[www.albionparkcrows.com.au](http://www.albionparkcrows.com.au)

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## Our History

### Welcome to the Crows 2015!

The Albion Park Crows was first established in 2007 and we had teams run out for the "Crows" for the very first time in the Illawarra juniors' competition in 2008. Our colours are navy, red and yellow and our club emblem being that of a "Crow". We are still the newest club in the junior competition, with 2015 being our 8th season on the paddock and despite being the newest club on the block we have cemented our place as a legitimate player and a worthy opposition for other clubs in the Illawarra juniors' competitions.

This year, in 2015, we will have teams in Auskick, U/9s, U/10s, U/12s and U/14s. Our catchment areas are Oak Flats, Albion Park Rail, Albion Park, Mt Terrey, Tullimbah and Calderwood. Thank you for being part of the "Crows" family in 2015 and becoming part of our club's future history.

## Club Mission

To promote and foster the game of Australian Rules Football in the Greater Albion Park region. To teach and emphasize the principles of teamwork, skills, fitness, good sportsmanship and fair play and to provide a fun and socially engaging atmosphere for players, parents, volunteers and other spectators. Basically, work up a sweat (players) and have fun.

Achieve ♦ Positive ♦ Commitment ♦ Respect ♦ Opportunity ♦ Welcoming ♦ Sportsmanship

## Club Song

**We're the pride of the Illawarra**  
**We're the mighty Albion Park Crows**  
**We're courageous, stronger, faster**  
**And respected by our foes**  
**Admiration of the nation**  
**Our determination shows**  
**We're the pride of the Illawarra**  
**We're the mighty Albion Park Crows**

\*\* Adapted version of the Adelaide Crows team song. To listen to the Adelaide Crows tune follow this link to YouTube:

[https://www.youtube.com/watch?v=Xr\\_4z1kRkuo](https://www.youtube.com/watch?v=Xr_4z1kRkuo)

## Uniform

All new players are issued with playing shorts and socks with a numbered jersey provided each game day. If an existing player has outgrown their shorts and socks they can purchase new ones in the canteen.

Players are expected to arrive in their correct playing gear each game day and wear their uniform with pride.

Club polo shirts, hoodies & jackets are also available for purchase through the canteen for both players and family members.

Soft stud (rubber moulded) football boots are recommended to provide extra traction on the field. Sneakers may also be worn.

*“Mouthguards have a definite role in preventing injuries to the teeth and face and for this reason they are strongly recommended at all levels of football. Dentally fitted laminated mouthguards offer the best protection. ‘Boil and bite’ type mouthguards are not recommended for any level of play as they can dislodge during play and block the airway.”* (Extract from a document published by the AFL.)



2013 Crows Girls 9s, 10s, 12s

## Grounds

### *Albion Park Crows Home Ground*

Located off Croome Road within the Croom Sporting Complex.



*Our Home Ground, Croome Road*

### *Away Grounds*

**Northern District Tigers** - Hollymount Park, Alice St, Woonona

**Highland Hawks**- Loseby Park, Sheffield St, Bowral

**Figtree Kangaroos** - Figtree Oval, Princes Hwy, Figtree

**Wollongong Lions** - North Dalton Park, Pioneer Rd, Towradgi

**Shellharbour Swans** - Myimbarr Oval, Wattle Rd, Shellharbour

**Kiama Power** - Bonaira Oval, Bonaira St Kiama

**Port Kembla Eagles** – Kully Bay, Northcliffe Drive, Warrawong

Full ground location maps can be accessed via our website at

<http://albionparkcrows.com.au/grounds.html>

## Bad Weather



Wondering if your match or training will be on?

If your team is scheduled to play or train at Croome Road, which is a Shellharbour City Council controlled ground, and it's raining or has been raining recently, there are a number of ways to check if you are playing:

- You will receive a text message from your coach if training/game day has been cancelled or changed
- Check Facebook <https://www.facebook.com/Albionparkcrowsjfc>
- Access Shellharbour City Council website for ground closures at <http://www.shellharbour.nsw.gov.au/default.aspx?WebPage=222> (games may be moved to another council area so ensure you have received information from your coach)
- Listen to the sporting information broadcast on our affiliated radio station, 96.5 WAVE FM.

## Game Times

A draw will be distributed to all members as soon as it becomes available. All games are usually played on Sundays and in 2015 games will commence on 19 April 2015.

Team	Commence	Finish
<b>Auskick</b>	10:10 am	11:10 am
<b>Under 9</b>	9:00 am	10:00 am
<b>Under 10</b>	10:10 am	11:10 am
<b>Under 12</b>	11:20 am	12:35 pm
<b>Under 14</b>	12:45 pm	2:00 pm

Please try to arrive at least 30 minutes before game time to allow your coach to conduct a proper warm up and pre-match briefing.

## Our People

### *Coaches & Team Managers*

Our coaches are the direct interface between our players and the club and are therefore the people who have the most influence over the skills and personal development of our children.

All our coaches hold at least an AFL accredited Level 1 coaching certificate to ensure our players are under the guidance of qualified people and have obtained a current *Working with Children Check*.

From time to time our coaches need a hand at training or on game day, so don't be backward in coming forward when the need arises.

Game day can be especially busy for coaches as they try to select team positions and tactics to beat the opposition. You can assist your coach and team greatly by arriving at the ground at least 30 minutes before the first bounce. If you cannot make it to the match for any reason or will be late, please let your coach know as soon as possible.

Team managers are responsible for checking players off as they arrive, issuing their playing jersey, handing in team sheets and generally assisting the coach on game day.

### *2015 Coaches/Team Managers*

Team	Coach & Manager		Contact Info
<b>Auskick</b>	Coach	Alan Cooper	0423 528 041
	Manager	Anne Duren	0423 981 870
<b>Under 9</b>	Coach	Alan Cooper	0423 528 041
	Manager	Corinne Pryde	0419 421 387
<b>Under 10</b>	Coach	Lindsay Oades	0439 625 868
	Manager	Jim Steele	0402 098 391
<b>Under 12</b>	Coach	Marilyn Treanor	0402 149 000
	Coach	Nick Treanor	0419 386 698
	Manager	Yvette Moody	0401 969 104
<b>Under 14</b>	Coach	Matt Barnes	0429 190 080
	Assist Coach	Rod McKenzie	0488 747 479
	Manager	Karen McKenzie	0418 227 268

### Committee Members

Position	Held By
<b>President</b>	Alan Cooper
<b>Vice President</b>	Lindsay Oades
<b>Secretary</b>	Brad Longhurst
<b>Treasurer</b>	Kylie Faulkner
<b>Ground Manager</b>	Brad Longhurst
<b>Canteen Manager</b>	<b>POSITION VACANT</b>
<b>Registrar</b>	Anne Duren
<b>Coaching Coordinator</b>	Craig Pusser
<b>Webmaster/Publications</b>	Marilyn Treanor
<b>Social Media Coordinator</b>	Anne Duren
<b>General Committee</b>	Paul Tatton, Jim Steele, Noel Faulkner

### Volunteers

Each game day many volunteers are needed to help the club run effectively and to ensure all attendees have a good experience. You do not need to assist every game however every little bit helps!

We are always seeking players, family members and friends to provide assistance with the BBQ, the canteen, providing first aid, scoring, running water and general game day administration.

Please speak to your team coach or manager or contact Alan Cooper if you would like to help but don't know where to start.

### Working with Children (WWC) Check

All coaching staff hold a current NSW *Working with Children Check*. This means that our coaches have completed a national criminal history check and review of findings of workplace misconduct and have a clearance to work with children. Further information is located at <http://www.kidsguardian.nsw.gov.au/working-with-children/working-with-children-check>

## Major Sponsors

Please support our wonderful sponsors!

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<b>VALUED SPONSORS</b>	
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 <p><b>C1 Speed</b></p>	 <p><b>Backburner Café</b></p>
 <p><b>Frank Zakeli Signs</b></p>	 <p><b>Holcim</b></p>

If you'd like more information on our sponsorship packages please contact Alan Cooper - email: [luvasahibeer@hotmail.com](mailto:luvasahibeer@hotmail.com) or mobile: 0423 528 041.