



## **WODONGA DIAMONDS FOOTBALL CLUB**

PO Box 147  
Wodonga VIC 3689

University Drive  
Wodonga VIC 3690

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

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### **NEWSLETTER – 1, 1 Feb 2012**

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## **Welcome new and returning members to season 2012 at Diamonds...**

### **In this Newsletter:**

*From the President*

*Fastest Footballer*

*Club sponsors*

*From the U16B Coach*

*Important Dates*

*Positions Vacant*

*Bootcamp*

*Fundraising*

*Climate Communities project update*

*Club Contacts & Training days/times*

### **From the President...**

Welcome to season 2012. We have great expectations this year and with a lot of work pre-season have got off to a great start. Senior & Reserve teams have been working hard and Tony has the girls teams training and has very good turnouts. Peter Colombera has a challenging roll with U16's as the boys become more competitive to make senior grades next year, and I expect all other junior teams to be starting training over the next 2 weeks.

Our coaches will all have completed coaching courses before the season starts. Coaching equipment has been provided for all teams also.

The water tank project is nearly complete with some great teamwork on working bees. Many thanks to Craig Cartwright for the machinery, soil, stone and mulch, Richard Herzina for plants, Nick Marks for irrigation, and to those that have helped on the job. Special mention and thanks to Josh Young who has turned up to every working bee so far. This work has enabled us to provide coaching courses and training equipment... reward for effort... well done.

Damon has the challenge of working and liaising with Wodonga Council to provide the best playing fields in the region. Grounds will be re-seeded from 5<sup>th</sup> March in preparation for the playing season. Alternate training venues will be provided. We will also be investigating lighting for ground 3 and portable goals to assist with keeping the grounds in top condition.

Linda is doing a power of work... in keeping us all organised and just keeping up.

Jane Riley's turn will come when canteen operations start up with practice games... expect to be approached as your help will be appreciated.

We have many pre-season matches lined up for our senior men and women at Diamonds. See the "Important Dates" section or visit the website for updates. Spectators are always welcome and the canteen will be open for these events, so come and support our seniors as they gear up for the season.

Paul Millynn  
WDFC President



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3689

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### Positions Vacant:

Can you help? We have positions vacant for the following...

- Senior Team Manager – Contact Paul Millynn on 0407 498 392
- U14 boys... players needed – Contact U14B coach Andrew Byrnes on 0407 322 850
- Member Protection Information Officers (MPIO) – our current MPIO is Prue Quick, but we would like another 2 people to attend the training offered by AWFA on Sat 25<sup>th</sup> Feb 10am – 4pm, and to support Prue in this role. Contact Linda Marks, Secretary on 0402 421 297.

### The Border's 2<sup>nd</sup> Fastest Footballer...

**Congratulations** to Adam Watters (Sheepy) for coming 2<sup>nd</sup> in the Border & North East Fastest Footballer race on Sunday 29<sup>th</sup> January at The Albury Sports Ground. The 100m race was hotly contested by players from all football codes battling it out for the "\$500 Winner Takes All" prize.

### WDFC Bootcamp:

#### WELCOME TO WDFC BOOTCAMP

**Sat 18<sup>th</sup> Feb, start 9am, Kookaburra Point, Hume Weir**

There will be a fun, but challenging 3 hour BOOTCAMP style session to be held out at Hume Weir on **Saturday 18<sup>th</sup> Feb** and a BBQ following. All players, members and supporters are welcome to attend. The session will be held by Josh Dickinson from Physique Essentials, one of our fantastic new sponsors.

It would be great to see an effort by WDFC to meet the first of many challenges for the season. A great team can achieve anything... so let's get together and enjoy the challenge. Keep watching the website for updated details.

There will be a small cost, TBC pending numbers.

**Please let Paul Millynn know asap if you will be attending**

### Introducing our sponsors for 2012...

Major sponsors:



Thanks to Craig and Kelly Cartwright for their continued sponsorship and in-kind contribution to our Sustainability Victoria project.



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# PHYSIQUE ESSENTIALS

[WWW.PHYSIQUE-ESSENTIALS.COM](http://WWW.PHYSIQUE-ESSENTIALS.COM)



We welcome new sponsor Josh Dickinson from Physique Essentials who is working with our senior men's and women's teams to improve their peak performance and overall health, fitness and nutrition. Introduce yourself and make Josh feel welcome if you see him around the club... and if you are interested in group or individual personal training give Physique Essentials a call. Read Josh's introductory letter to members below...

Dear Members,

I'd like to talk this time to introduce myself and where I am from.

My name is Josh Dickinson, and I am the owner/founder of Physique Essentials. We are a progressive health and fitness provider that covers many avenues within the health and fitness industry.

Thank you for the warm response so far; and I am delighted that myself, and Physique Essentials can be associated with the Wodonga Diamonds FC through the 2012 season.

From first contact, we knew that WDFC and PE would form a great partnership. We can see the professionalism and progressive nature, as these are qualities we ourselves aspire to. It is what drives us to continued excellence.

Through the 2012 season, our pledge is to provide quality assistance to WDFC in the way of tailored fitness training and structured and precise nutritional and supplementation assistance directly targeting sports performance for both the women's and men's teams, as well as education and information that is second to none.

Train hard, win easy!

Josh Dickinson

**Physique Essentials**

[www.physique-essentials.com](http://www.physique-essentials.com)

1300 390 760



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Our other sponsors:

**PKD Total Home Care & Maintenance Solutions**



**Carrier Arms  
Hotel**

*Beazley's Meats*

**We are still looking for sponsors...**

We have some great sponsorship packages for 2012 so if you are interested in providing sponsorship to Wodonga Diamonds for the 2012 season or know of someone that might be, pick up a sponsorship package on registration day or contact Paul Millynn, President or Linda Marks, Secretary (refer to Committee contact details).

### **Fundraising:**

This year the committee is encouraging all members to support the club in its fundraising efforts and will be supporting Team Managers to run one fundraiser for the year. These can be chocolate sales, pasta night at the Carriers, trivia night or any other ideas you and your team may come up with.

Some teams have made a start on this already...

- ◆ **Slushies** - The U16 boys hired a slushy machine for the Rivers summer league round at Wodonga Diamonds on Sunday the 22<sup>nd</sup> January which was very popular in the hot conditions. Thanks to Peter & Laura Colombera for organising and operating the slushy machine on the day.
- ◆ **Monster Garage Sale** - Our senior men are organising a garage sale to be held on **Saturday 17<sup>th</sup> March from 8am – 12noon**. See attached flyer. We are looking for donations of saleable items. Ask your family, friends or neighbours if they have items to donate and contact Dan Millynn on 0435 881 385 or email [dan\\_mill@live.com](mailto:dan_mill@live.com) to schedule pick-up or drop-off.
- ◆ **Pasta Night & Raffle** - A Pasta Night will kick-off our first Friday Night Raffle at the Carriers on **Friday 9<sup>th</sup> March from 6pm**. This is a great night to share a meal with your team mates, have some fun and get to know those around you. The Friday Night Raffle is an ongoing fundraiser held every Friday from 6 – 7:15pm at the Carrier Arms Hotel, Church St Wodonga. It is a great evening, children are very welcome and the food is delicious and reasonably priced for those who wish to have a meal whilst there.



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### **From the U16B Coach...**

Welcome to all U16 players, mum, dads, and family friends.

Our pre season training has kicked off early, as quite a few players were eager to get the ball rolling for 2012. Numbers at training have been fantastic and all who have been turning up are showing great commitment and endeavour. It has been physically tough at times, but the hard training now will benefit each and everyone. Our pre-season training will end on Rego Day and official training commences on the 6<sup>th</sup> February (same time and days for now).

To all players selected please note - attendance and training commitment is a must (work, sickness, rep commitment or injury are accepted) to be considered for match days, NO BUTS!! I will explain the details later.

#### **U16 Squad Fundraising**

This year fundraising has been delegated to all age groups to participate in a combined or go it alone effort throughout the year. I've set a first target of \$1,000 for a new strip that the club is purchasing. At present due to the hot weather, we have been organising slushy drinks at home practice matches. I've been doing some fundraising face-to-face with various business and looks like we have a few donations. We have a few other ideas for later in the year, so mums and dads let's have your thoughts, and put a plan together for our kids and club. Your assistance is much appreciated.

Peter Colombera, U16B Coach

### **Climate Communities Project Update:**

With less than 2 weeks until grant expiry, a small band of extremely hard working club members have been giving up their Saturdays to ensure this project is completed on time.

Earthworks and preparation for the tanks began the week before Christmas and the tanks were installed between Christmas and New Year. Plumbing and electrical work is currently underway and the final step will involve planting mounds to screen the tanks. The project is due for completion by 10 February 2012.

The project is funded by Sustainability Victoria, and is supported by Wodonga Council and La Trobe University. Wodonga Diamonds has been the only sporting club to receive this sustainability grant and is leading the way in implementing energy and water-saving infrastructure.

Wodonga Diamonds would like to thank the organisations, businesses and many individuals who have contributed to the project.





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### Important dates:

- **Sat 4<sup>th</sup> February** – Working Bee
- **Sun 5<sup>th</sup> February** – **REGISTRATION DAY, 10am – 2pm**
- **Mon 6<sup>th</sup> February** – D1M v Melrose from 6pm at Diamonds
- **Wed 8<sup>th</sup> February** – Diamonds Ladies v U16G rep, from 6:15pm at Diamonds
- **Wed 15<sup>th</sup> February** – D1M v Albury United, 6:30pm; D1W v Melrose, 6:15pm Gnd 2 at Diamonds
- **Sat 18<sup>th</sup> February** – Diamonds v Woden Valley. Kick-off: D2W 4pm, D1W 5:45pm at Diamonds
- **Wed 22<sup>nd</sup> February** – Diamonds Ladies v U16G rep, from 6:15pm at Diamonds
- **Sat/Sun 25-26<sup>th</sup> February** – Pre-season match vs Woden Valley, Canberra Premier League (see website for match fixtures).
- **Fri 2<sup>nd</sup> March** – Diamonds v Banyule City. Kick-off D2M 6pm, D1M 8pm at Diamonds
- **Sat 3<sup>rd</sup> March** – Andronicus Cup, Jelbart Park Lavington
- **Fri 9<sup>th</sup> March** – Pasta Night and Friday Raffle at the Carriers from 6pm
- **Sat 11<sup>th</sup> March** – Campagna Cup, Sth Wangaratta Reserve
- **Sat 17<sup>th</sup> March** – MONSTER GARAGE SALE
- **Sun 18<sup>th</sup> March** – **ROUND 1**

### Contacts:

#### Committee Members

Position	Name	Phone	Email
President	Paul Millynn	0407 498 392	president@wodongadiamondsfc.com.au
Vice President	Damon Ferguson	0422 702 411	damonferguson@exemail.com.au
Secretary	Linda Marks	0402 421 297	committee@wodongadiamondsfc.com.au
Treasurer	Rosemary Currie	0402 380 332	jrccreativems@gmail.com
Registrar	Jane Riley	0402 030 033	rodriley@dragnet.com.au
Committee member	Daniel Griffin	0408 283 908	dpg1984@bigpond.com
Committee member	Sandra Griffin	0408 533 651	sgri8163@bigpond.net.au
Committee member	Eric Regulski	0419 355 447	eric.regulski@gmail.com
Committee member	Catherine Schubert	0407 491 544	dutchy1974@gmail.com

#### Member Protection Information Officer (MPIO)

<b>Prue Quick</b>	0407 579 608	mpio@wodongadiamondsfc.com.au
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#### Coaching & Development Coordinators

Name	Area of responsibility	Phone	Email
<b>TBA</b>	Junior coaches & players		
<b>Tony Cigana</b>	Senior & junior women's teams	0428 243 301	tonycigana@yahoo.com.au
<b>Paul Millynn</b>	Senior men's teams	0407 498 392	kmillynn@bigpond.net.au

## Coaches & Training days/times for 2012

Age Group	Role	Name	Phone	Email	Training night
<b>SSF 6-10yrs</b>	Coach	<b>Steve Millet</b>	0429 022 981	<a href="mailto:neromillett@bigpond.com">neromillett@bigpond.com</a>	<b>THU 5:30-6:30pm</b> (Start 22/3/2012)
	Assistant coaches	<b>Catherine Schubert</b>	0407 491 544	<a href="mailto:dutchy1974@gmail.com">dutchy1974@gmail.com</a>	
		<b>Eric Brown</b>	0413 136 357	<a href="mailto:ecbrown@netspace.net.au">ecbrown@netspace.net.au</a>	
		<b>Alun Bradbury</b>	0408 567 211	<a href="mailto:sarah.bradbury@bigpond.com">sarah.bradbury@bigpond.com</a>	
<b>U11</b>	Coach	<b>Dale Wilson</b>	0439 904 844	<a href="mailto:jo.dale@bigpond.com">jo.dale@bigpond.com</a>	<b>TUE &amp; THU 5 - 6:30pm</b>
	Assistant coach	<b>Daniel Oberin</b>			
	Team Manager	<b>Richard Patrala</b>	02 6024 7560	<a href="mailto:spatrala@bigpond.com">spatrala@bigpond.com</a>	
<b>U12</b>	Coach	<b>Jason Quick</b>	0427 306 975	<a href="mailto:service@supremeforks.com.au">service@supremeforks.com.au</a>	<b>TUE &amp; THU 5 - 6:30pm</b>
	Assistant coach	<b>Eric Brown</b>	0413 136 357	<a href="mailto:ecbrown@netspace.net.au">ecbrown@netspace.net.au</a>	
	Team Manager	<b>Cath Wallace</b>	0407 949 913	<a href="mailto:jcwall@hotkey.net.au">jcwall@hotkey.net.au</a>	
<b>U12G</b>	Coach	<b>Grant Schubert</b>	0419 614 032	<a href="mailto:faareak@dragnet.com.au">faareak@dragnet.com.au</a>	<b>WED 5 - 7pm</b> (backup Fri 5-6pm)
	Assistant coach	<b>Eric Brown</b>	0413 136 357	<a href="mailto:ecbrown@netspace.net.au">ecbrown@netspace.net.au</a>	
	Team Manager	<b>Catherine Schubert</b>	0407 491 544	<a href="mailto:dutchy1974@gmail.com">dutchy1974@gmail.com</a>	
<b>U13</b>	Coach	<b>Michael Senior</b>	0438 252 121	<a href="mailto:seinor@iprimus.com.au">seinor@iprimus.com.au</a>	<b>TUE &amp; THU 5:30 - 7pm)</b>
	Assistant coach	<b>Craig Cartwright</b>	0412 698 092	<a href="mailto:ckcartwright@bigpond.com">ckcartwright@bigpond.com</a>	
	Team Manager	<b>James Wallace</b>	0407 949 913	<a href="mailto:james.wallace@visy.com.au">james.wallace@visy.com.au</a>	
<b>U14</b>	Coach	<b>Andrew Byrnes</b>	0407 322 850	<a href="mailto:aabyrnes@bigpond.net.au">aabyrnes@bigpond.net.au</a>	<b>TUE &amp; THU 5 - 6:30pm</b>
	Assistant coach	<b>Gavin Byrnes</b>	0418 602 081	<a href="mailto:byrnesyrox@hotmail.com">byrnesyrox@hotmail.com</a>	
	Team Manager	<b>Jane Riley</b>	0402 030 033	<a href="mailto:rodriley@dragnet.com.au">rodriley@dragnet.com.au</a>	
<b>U14G</b>	Coach	<b>Rod Riley</b>	0402 021 265	<a href="mailto:rodriley@dragnet.com.au">rodriley@dragnet.com.au</a>	<b>WED 5 - 7pm</b>
	Assistant coach	<b>Grant Schubert</b>	0419 614 032	<a href="mailto:faareak@dragnet.com.au">faareak@dragnet.com.au</a>	
	Team Manager	<b>Jenny Hanuska</b>	0431 223 519	<a href="mailto:jenny.hanuska@gmail.com">jenny.hanuska@gmail.com</a>	
<b>U16</b>	Coach	<b>Peter Colombera</b>	0419 255 586	<a href="mailto:laura.g@aanet.com.au">laura.g@aanet.com.au</a>	<b>TUE &amp; THU 6 - 7:30pm</b> (Pre-season Mon, Wed 6:30 - 8pm)
	Team Manager	<b>Laura Colombera</b>	0419 255 586		
<b>D3W</b>	Coach	<b>Les Chettleburgh</b>	0418 411 612	<a href="mailto:leschettle@aol.com">leschettle@aol.com</a>	<b>WED 6 - 8pm</b>
	Assistant coach Team Manager	<b>Frank Celin</b>	0418 562 833	<a href="mailto:frank.celin@vastinterior.com.au">frank.celin@vastinterior.com.au</a>	
<b>D2W</b>	Coach Team Manager	<b>Tony Cigana</b>	0428 243 301	<a href="mailto:tonycigana@yahoo.com.au">tonycigana@yahoo.com.au</a>	<b>WED 6 - 8pm</b>
<b>D1W</b>	Coach Team Manager	<b>Tony Cigana</b>	0428 243 301	<a href="mailto:tonycigana@yahoo.com.au">tonycigana@yahoo.com.au</a>	<b>WED 6 - 8pm</b>
<b>D3M</b>	Coach	<b>Paul Millynn</b>	0407 498 392	<a href="mailto:kmillynn@bigpond.net.au">kmillynn@bigpond.net.au</a>	As per D1M
	Assistant coach	<b>Paul Hodgson</b>	0488 492 229	<a href="mailto:bionicbaboon@yahoo.com">bionicbaboon@yahoo.com</a>	
	Team Manager	<b>Daniel Griffin</b>	0408 283 908	<a href="mailto:dpg1984@bigpond.com">dpg1984@bigpond.com</a>	
<b>D2M</b>	Coach	<b>Paul Millynn</b>	0407 498 392	<a href="mailto:kmillynn@bigpond.net.au">kmillynn@bigpond.net.au</a>	As per D1M
	Assistant coach	<b>Steve Brunec</b>	0400 490 143	<a href="mailto:sabrunec@westnet.com.au">sabrunec@westnet.com.au</a>	
	Team Manager				
<b>D1M</b>	Coach	<b>Paul Millynn</b>	0407 498 392	<a href="mailto:kmillynn@bigpond.net.au">kmillynn@bigpond.net.au</a>	<b>TUE &amp; THU 6:30 - 8pm</b> (Pre-season: Mon, Wed, Fri 6:30 - 8pm)
	Assistant coach Team Manager	<b>Richard Herzina</b>	0423 794 472	<a href="mailto:rickazza@dodo.com.au">rickazza@dodo.com.au</a>	
<b>&gt;35s</b>	Coach Team Manager	<b>TBA</b>			



**MASSIVE**

# **Garage Sale Fundraiser**

**Diamonds on La Trobe, University Drive, Wodonga**

**Saturday 17<sup>th</sup> March  
8 am – 12 noon**

Wodonga Diamonds are holding a Garage Sale Fundraiser and you are invited. We will be selling all sorts of donated odds and ends at blowout prices.

**Food and drinks available**

**Here's how you can help:** We are looking for donations of saleable items. You could even ask your family and friends or neighbours if they have any unwanted household items to donate.

**To schedule pick-up / drop-off please contact  
Dan Millynn [dan\\_mill@live.com](mailto:dan_mill@live.com) or call 0435 881 385**

Donations from over 100 +Members = MASSIVE SALE

All proceeds go directly to the club to help with the costs of training equipment, uniforms, and player and coach development programs.