



St Albans Football and Netball Club

SEASON 2025

MEMBERS

HANDBOOK





ST ALBANS FNC

2025 BOARD OF MANAGEMENT

JOINT CLUB PRESIDENTS

CRAIG OSBORNE - 0419 646 581
VIRGINIA WILSON - 0409 223 493

JOINT VICE PRESIDENTS

MARK SINKINSON (OPERATIONS) - 0417 634 654
ROSS WILSON (REVENUE) - 0458 076 313

SECRETARY

NICOLE SMITH - 0400 501 950

TREASURER

LEAIA MCELROY - 0400 603 637

FOOTBALL DIRECTOR

SAM WOLFENDEN - 0433 750 944

JUNIOR FOOTBALL COORDINATOR

JADE MORRIS - 0402 614 894

NETBALL DIRECTOR

VIRGINIA WILSON - 0409 223 493

JUNIOR NETBALL COORDINATOR

JACINTA RANDALL - 0408 295 899

COMMITTEE

GRANT DEW - SENIOR FOOTBALL INVOLVEMENT
JOHN LONG - LIFE MEMBER, PAST PREMIERSHIP PLAYER (FOOTBALL)
LANA MCKENZIE - THURSDAY NIGHT MEALS, VOLUNTEER COORDINATOR
ADRIAN ROBINSON - JUNIOR FOOTBALL
BRAD SINKINSON - APPAREL/SENIOR FOOTBALL PLAYER
EMMA SINKINSON - SOCIAL MEDIA, EVENTS, MARKETING, PAST PLAYER (NETBALL)
JODIE THOMAS - SENIOR MENS FOOTBALL TEAM MANAGER
SEAN THOMAS - JUNIOR FOOTBALL
GRACE WATERSON - HEALTH & WELLBEING LEADER, SENIOR NETBALL
COACH/PLAYER, NETBALL UMPIRE COORDINATOR

✉ stalbansfnc@gmail.com

PO Box 5090, East Geelong, 3219



MISSION STATEMENT

St Albans Football and Netball Club, Geelong strives to create and deliver opportunities on and off the field or court, for all our members and the wider community. Our Club is committed to embodying the **One Club** motto, promoting the values of being a safe, inclusive, and respectful sporting club. Marching together. Back in Black.

We provide a club environment of an exceptional standard where players, staff, parents, and members can provide the needed development across all senior grades and age groups to reach their full potential as footballers, netballers, young men and women, adults, and members.

All members are responsible for enhancing our atmosphere and contributing to our programs' excellence.

The club structure (players, parents, staff, and members) work together to provide our players with the best possible opportunity to develop physically, mentally, and emotionally to become better sportspersons and citizens, where they feel safe, welcomed, and respected.

All people associated with STAFNC promote team goals are far more important than individual goals. When the club performs well as a team adhering to team discipline and rules the individual potential and personal goals will be enhanced.

Individuals that do not follow the club's Mission Statement and values, will be counselled, if no response or change in behaviour occurs within a set time as laid down by the Club they will be dismissed or suspended from the club.

STAFNC will always have a re-entry policy for any person/s who for discipline reasons leaves the club and then wants to return to adhere to the club rules.

- **RE-ENTRY POLICY:** The member/person/s who wishes to return to the Club and adhere to Club rules shall submit in writing a letter to the Committee of the day clearly stating their reasons why they should return to the Club. The Executive Committee if satisfied, shall call for the member/person/s to attend a meeting with the. to administer and issue the Re-Entry of such a member/person/s.
- **COMPLAINTS & DISPUTES:** All who attend the STAFNC have a right to expect a social environment in which everyone is treated with respect. Your fellow members and staff are therefore expected to treat each other with dignity, showing respect of any differences in gender, religion, ethnicity, age and beliefs. If you feel you are not being treated in a fair or reasonable manner, you should follow the grievance procedure outlined.



STAFNC GRIEVANCE PROCEDURE

1. Many grievances result from misunderstandings and communication problems. Therefore, whenever possible, it is best to speak directly with the person/s concerned to seek a positive resolution of the issue if this approach does not resolve the situation, or you feel unable to discuss the issue with the person's concerned, you should move to step two (2).
2. If the grievance is with a fellow member you should approach the Committee on the day who will discuss the problem with you. Depending on the nature of the problem, the Secretary may seek to mediate between you and the others involved. If the grievance is with the Secretary, Staff or Committee Member/s you should approach the General Manager of such of the Club. If the grievance is not resolved to your satisfaction, or you felt it was not possible to discuss the issue with the General Manager you should move to Step three (3).
3. Contact the Vice President (Operations)
The Vice President may ask you to put your concerns in writing. He/She will need to know whether you have followed the first two steps, or the reason why you chose not to. He/She will try to ensure that everyone's rights are respected and that the issue is resolved quickly. However, if the grievance is still not resolved or it happens to concern the Vice President, you should move to step four (4).
4. The final stage of dealing with a grievance within the Club is write a letter to the Chairperson of the Club marked "Confidential". The grievance will need to be clearly described and provide details of attempts to resolve the issue in accordance with this policy. The Chairperson will then convene a meeting of relevant parties within two weeks. If necessary, the Chairperson will then convene a special meeting of the General Committee within two weeks. Decisions from these meetings will be the FINAL decision of the St Albans Football and Netball Club. If you are still not satisfied with the outcome, you may consider contacting the following organisations or individuals:-
 - The Victorian Equal Opportunity and Human Rights Commission 1300 292 153
 - Victoria Legal Aid Geelong 03 5226 5666
 - Office of the Public Advocate 1300 309 337
 - Your Local Member of Parliament (Federal or State)
 - Your own legal adviser

Note: This Grievance Procedure is designed to facilitate the efficient and timely resolution of Grievances with minimum difficulty for all concerned. Steps 1 to 4 in no way eliminate your right to seek assistance to resolve the issue from outside the STAFNC. You should be aware, however, that most complaint services are likely to ask that you use this grievance procedure before they can help you. All STAFNC staff are expected to assist you have your grievance heard and wherever possible, will seek win/win solutions for all involved, you may approach an advocate (anyone you choose) to support you in having your grievance resolved.



CLUB OBJECTIVES

- To be recognised as the leading sporting club within our region by striving for excellence in administration, sporting programs, recreation facilities, and club culture
- To promote Australian Rules Football and Netball in the Geelong Region
- To field highly competitive sides in all grades of football and netball that will compete to the best of their abilities
- To develop players to a level where they may be sought by higher levels of football and netball eg. Representative sides and squads.

Aims of Administrative Staff:-

- To develop the best possible football and netball training, coaching staff, and facilities
- To administer and oversee a program from Junior Football and Netball sections through to the Senior level that will allow players to develop to a level of high achievement
- To provide coaching, medical, and training staff that will prepare players thoroughly for all games that are contested.
- To promote our club to other sporting clubs and people in the region offering whatever expertise we have and listening to the suggestions of others.

Aims for the Individual Football and Netball Player:-

- To develop the physical and mental attributes essential to perform consistently at all levels of their sport
- To develop the best possible skill and fitness levels
- To show an “increasing desire” to succeed
- To show loyalty, honesty, and respect when dealing with other players, coaches, staff and members
- To develop self discipline and consistency with training and other players
- To make the most of every opportunity
- To know after each game that you have given it your best shot, and have **no regrets**
- To adhere to the STAFNC Code of Conduct





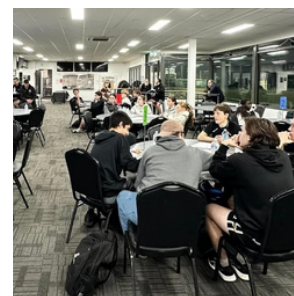
STAFNC Initiatives & Partnerships



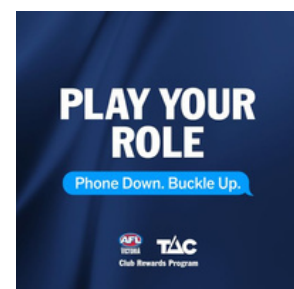
St Albans FNC acknowledges the Traditional Custodians of these lands, the Wadawarrung people of the Kulin nation. We speak to recognition, inclusiveness, respect and the celebration of culture and diversity.



Read the play delivers innovative programs in partnership with sporting clubs that empower young people to take control of their mental health and wellbeing. STAFNC host the Huddle Up session annually for our 15-16 age groups.



Every season, STAFNC supports, promotes and educates our players and members about road safety throughout the year and particularly for the TAC Play Your Role, Let's "Band Together" road safety round.



Our club is taking part in Respect Starts here: Getting Started to help us better understand the attitudes and behaviours that lead to inequality and disrespect. We will commit to actions as a club, members and spectators can undertake that are reflective of our core values.



The effects of dementia has impacted the lives of our past players and families. STAFNC continues to provide a safe and nurturing environment to be able to watch the games and remain socially connected. We donate a portion of our fundraising revenue to support and give recognition to the research by Dementia Australia



In times of need for the community when natural disasters occur our club has always been first to offer assistance and support the CFA, SES and other providers. We provide the space for services to come in and set up with access to the clubs facilities to assist the community.





PLAYER RESPONSIBILITIES

TRAINING

Players of our Football and Netball Club at all levels are required to attend ALL training sessions as notified by their coaches. If unable to attend training or match days any player Senior or Junior must notify the coach, or any member of the match committee (team managers).

No player is to leave a training session without first getting the coaches approval.

Players are to include appropriate gear for each training session.

The club colours are black and white. It is preferred that training attire reflects our colours (as a group looks more professional) or our official training apparel.

CONTRACTS & MATCH PAYMENTS

Contract agreements and match payments are **confidential** and should not be disclosed by the Player, Football/Netball Director, Treasurer or relevant parties.

MATCH DAY DRESS CODE

Players/Officials are required to wear club apparel to Club games. This is to promote the Club and show our unity for **one another and promote our sponsors. Club apparel orders are online via Promote-It Trophy & Clothing Co.**

promote-it.com.au

Caps, Beanies & Scarfs are available for purchase in the clubrooms.

AFTER MATCH

Players/Officials are required to attend the social room functions with opposing sides as requested by the club/coaches whereby results of the days football and netball games are announced.

FUNDRAISING & VOLUNTEERING

All senior players are expected to volunteer in the kitchen on a Thursday night after training, and in the canteen on Saturday home games as per a roster generated by the Club Volunteer Coordinator. You must find your own replacement or arrange a swap if you can't attend your duty. We encourage senior player involvement in our junior sections, this integrates our Club and our Junior Players see you as their role models. When the Club is seeking volunteers it is expected all players and members are involved when they can.

CLUB EQUIPMENT

Due care must be taken when using the facilities at the club. No equipment is to be removed or damaged and any player/person/s will be liable for the cost of replacement of damaged or missing equipment. Please familiarise yourself with the gym rules and policies. St Albans FNC takes no responsibility for injuries sustained in the gym. For gym access (fob) and to complete gym waiver form see Mark Sinkinson.



PLAYER RESPONSIBILITIES CONTINUED

MEDICAL (We strongly advise that you have Ambulance Cover and we suggest that you join a Private Health Fund to cover hospital expenses should you require an operation to help cover the gap the injury insurance claim does not cover).

All medical treatment, physiotherapy, etc will be on the recommendation from our Certified Head Trainer Rachel O'Brien to a certified practice/clinic.

The Club will not be liable for any financial obligations for or as a result of treatment unless previous arrangements have been made with the Club President/s or Football/Netball Director. Any expenses incurred for the treatment of other illnesses or injuries not related to football or netball are solely the responsibility of the player or family concerned.

INJURIES

Injured players are required to attend training and games for treatment as requested by the coach, match committee including S&C staff, and head trainer. Responsibility will not be accepted by the club for any injuries unless the procedure is adhered to. Medical costs are the sole responsibility of each player and family. You and your family are advised to carefully read the club Medical Insurance Cover details

Football - Marsh www.au.marsh.com/sport/afl.html

Netball - Howden www.howdengroup.com/au-en/netball-australia

CONCUSSION

In line with the AFL Barwon Concussion Protocols - All Australian Rules Football competitions and all Netball competitions (all senior and junior age groups) have a ***mandatory minimum 21-day return to play protocol... the earliest a player can return to play after a concussion is on the 21st day after the day on which the concussion was sustained and provided that the player has safely progressed through each phase of the return-to-play program.***

DENTAL

It is recommended all players in all sections of football use mouth guards when playing/training.

PREVENTION OF INFECTIOUS DISEASE

It will be the responsibility of ALL players to maintain strict personal hygiene, as this has been found to be the best method in controlling the spread of infectious diseases. We strongly recommend that all players involved in contact/collision sport and playing senior rules be vaccinated against **Hepatitis B** and check how current your **Tetanus** vaccination is. Urinating, spitting and smoking in team areas is not permitted. All open cuts and abrasions should be reported to and treated immediately by our trainers and primary carers. Whilst the rate of **COVID-19** has slowed we continue advise vigilance in protecting yourself and the others. If you are sick/unwell, stay at home and follow medical advice.



SPONSORSHIP

St Albans Football Netball Club is very fortunate to have the support of many local businesses, they provide much needed resources for us to drive the many programs of the club. Sponsors generally make agreements with the club because they have a commitment to community sport and our Club. They deserve our support and loyalty, please remember them when you require a service or products. We also endeavour to arrange special benefits for our members through our sponsors. You repay our sponsors by alerting them to opportunities to expand their market.

Why Sponsor Us?

As a St Albans Football Netball Club Sponsor, your contributions will not only be assisting in the on-field/court performance of our players and personnel but you will continue to support those who are less fortunate to participate in the sport they love and maintain the preservation and upgrades of our facilities... that brings enjoyment and the ultimate success!

We have tailored packages to suit your financial requirements available to ensure your business is promoted the best way possible.

Your business will not only be exposed and promoted to our members, large spectator groups across the whole club and league but also visiting organisations. This includes the GDFNL final series, which is played at our venue every year. Your business and brand will be visible at St Albans FNC over the entire year.

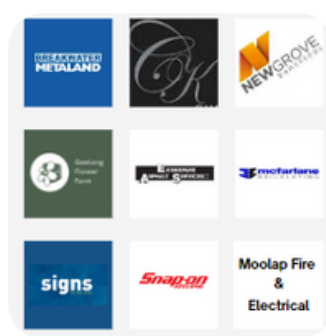
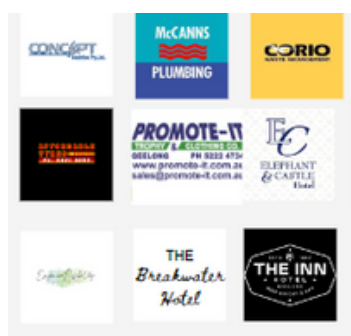
SOCIAL MEDIA

-  / St.AlbansFootball&Netball Club
-  / stalbansfncgeelong
-  / st.albans.fnc

WEBSITE

Our new website is now out!
Visit www.stalbansfnc.com
sponsorship@stalbansfnc.com

2025 SEASON SPONSORS



CONTACT

Nicole Smith - 0400 501 950

Ross Wilson - 0458 076 313

Craig Osborne - 0419 646 581



OTHER INFORMATION

HOSPITALITY POLICY

- All guests, including players, officials and staff or other visitors are treated with dignity and respect and are afforded the hospitality and protection of the Club.
- Club members are asked to assist with comfort and pleasure of our guests or visitors by displaying friendly, courteous manners.
- All visiting clubs' players and officials, umpires and league officials are to receive invitations from the St Albans FNC to after match social functions.
- Visiting Club officials are to be invited to light refreshments during half time of the Senior Mens football game, as guests of the Club.
- Supporting our Club does not involve abuse of our guests, opponents, officials or umpires.

Club Functions

All senior players and staff must attend at least 3 social functions throughout the year, as Team Spirit is a most important part of Community Club Football and Netball.

SMOKE FREE POLICY

- St Albans Football and Netball Club is a SMOKE FREE venue within the social rooms, administration areas, change rooms and toilet blocks, food service and eating areas. We expect players and officials to refrain from smoking whilst in football and netball uniforms or representing the club in an official capacity.
- Non compliance with the policy will result in the person/s to be counselled by the committee section of the club which the person is involved - football or netball, junior or senior.

CODE OF CONDUCT

To ensure the continued personal development of individuals and the Club, it has been deemed very necessary to implement a Code of Conduct. St Albans Football & Netball Club along with AFL Barwon, will not condone any behaviour that will bring the game of football or netball at our Club into disrepute. All players, staff and members of the STAFNC must at all times behave in public, in a manner which will not be detrimental to the image of the Club, League or associated sponsors.

It is expected that all members, players and staff adhere to :

- Respect for team mates, staff, volunteers, umpires, members and the Club
- Excellence in preparation for training, games and Club administration
- Accountability for all actions and club commitments
- Camaraderie with one another at all times
- Honesty to Yourself and Others

St Albans Football & Netball Club does not condone:

- Discrimination of any kind
- Racism of any nature
- Under-age drinking
- Recreational drug use
- Verbal abuse towards anyone
- Drunken behaviour
- Physical violence of any description

If any player, member, staff, volunteer, parent, friends of members, guest etc. is found to be in breach of the Code of Conduct, the Club after due consideration reserves the right to disqualify, suspend or otherwise penalise that person/s.



CLUB MEMBERSHIP

All football/netball players at St Albans FNC are required to be financial members before the first game of each year (this includes intra-club or practice games for insurance purposes). Failure to comply with this will mean non-selection in team/s until such subscription has been registered and paid. Football and Netball registrations, clearances and memberships are to be completed online at **PlayHQ**. Netball players must also complete their VNA (insurance Netball Victoria) online via **Netball Connect**. All Memberships include free admittance to all Home & Away games, reduced rates on social room hire, voting rights at AGM of Club and various sponsorship discounts. Players are encouraged to **invite family members** to become St Albans FNC members to support and attend club games and a variety of events. For more information about membership and our packages contact Ross Wilson 0458 076 313

2025 Season			
MEMBERSHIP TYPE	COST (incl. GST)	MEMBERSHIP INCLUDES	EARLY BIRD OFFER (available until 10 th February 2025)
FOOTBALL			
JUNIOR PLAYERS (U9 - U14) (paid online)	\$200	- Includes levies & insurance - Contribution to umpire development fees and team running costs - Entry to all home & away games 1x \$15 Club Voucher*	- Receive \$20 Discount on Membership - Go into draw to receive club voucher valued at \$50 - Go into draw to receive full refund of membership - Go into draw to receive 2x Thursday night meal vouchers
JUNIOR PLAYERS (U16 - U18) (paid online)	\$250	- Includes levies & insurance - Contribution to umpire development fees and team running costs - Entry to all home & away games - P2 High Performance Program 1x \$15 Club Voucher*	- Receive \$20 Discount on Membership - Go into draw to receive club voucher valued at \$50 - Go into draw to receive full refund of membership - Go into draw to receive 2x Thursday night meal vouchers
SENIOR WOMENS PLAYER (paid online)	\$250	- Includes levies & insurance - Entry to all home & away games - Contribution to umpire development fees and team running costs - Club voting rights - Buckleys Membership - P2 High Performance Program - Members Discount on Drinks*	- Receive \$20 Discount on Membership - Go into draw to receive full refund of membership - Go into draw to receive 2x Thursday night meal vouchers - Go into draw to receive a Major Draw ticket
SENIOR MENS PLAYER (paid online)	\$400	- Includes levies & insurance - Contribution to umpire development fees and team running costs - Entry to all home & away games - Club voting rights - Buckleys Membership - P2 High Performance Program - Members Discount on Drinks*	- Receive \$20 Discount on Membership - Go into draw to receive full refund of membership - Go into draw to receive 2x Thursday night meal vouchers - Go into draw to receive a Major Draw ticket

2025 Season			
MEMBERSHIP TYPE	COST (incl. GST)	MEMBERSHIP INCLUDES	EARLY BIRD OFFER (available until 10 th February 2025)
NETBALL			
JUNIOR NETBALL (U11 - U15) (Excludes VNA registration)	\$200	- Entry to all home & away games - Contribution to umpire development fees and team running costs - Includes match fees 1x \$15 Club Voucher*	- Receive \$20 Discount on Membership - Go into draw to receive Club Voucher valued at \$50 - Go into draw to receive full refund of membership - Go into draw to receive 2x Thursday night meal vouchers
JUNIOR NETBALL (U17 - U19) (Excludes VNA registration)	\$250	- Entry to all home & away games - Contribution to umpire development fees and team running costs - Includes match fees - P2 High Performance Program 1x \$15 Club Voucher*	- Receive \$20 Discount on Membership - Go into draw to receive Club Voucher valued at \$50 - Go into draw to receive full refund of membership - Go into draw to receive 2x Thursday night meal vouchers
SENIOR NETBALL (Excludes VNA registration)	\$280	- Entry to all home & away games - Contribution to umpire development fees and team running costs - Club voting rights - Includes match fees - Buckleys Membership - P2 High Performance Program - Members Discount on Drinks*	- Receive \$20 Discount on Membership - Go into draw to receive full refund of membership - Go into draw to receive 2x Thursday night meal vouchers - Go into draw to receive a Major Draw ticket

2025 Season			
MEMBERSHIP TYPE	COST (incl. GST)	MEMBERSHIP INCLUDES	EARLY BIRD OFFER (available until 10 th February 2025)
SOCIAL			
SINGLE SOCIAL SAINT	\$100	- Entry to all home & away games - Club voting rights - Club stubby holder or sticker - Buckleys Membership - Happy Hour 5.30pm - 6.30pm Thursday Nights & Home Games	- Go into draw to receive club voucher valued at \$50 - Go into draw to receive 2x Thursday night meal vouchers - Go into draw to receive 2x free coffee vouchers for every home game
DOUBLE SOCIAL SAINT	\$150	- Entry to all home & away games 2x club stubby holder or sticker - Club voting rights (x2) - Buckleys Membership - Happy Hour 5.30pm - 6.30pm Thursday Nights & Home Games	- Go into draw to receive club voucher valued at \$50 - Go into draw to receive 2x Thursday night meal vouchers - Go into draw to receive 2x free coffee vouchers for every home game
WING CLUB	\$250	- Entry to all home & away games - Club voting rights - Wing Club stubby holder & sticker 2x home game packages (food and beverage) - Buckleys Membership - Happy Hour 5.30pm - 6.30pm Thursday Nights & Home Games	- Go into draw to receive club voucher valued at \$50 - Go into draw to receive 2x Thursday night meal vouchers - Go into draw to receive 2x free coffee vouchers for every home game
SUPER SAINT	\$400	- Entry to all home & away games 1st drink free at Club - Super Saint club apparel - Super Saint stubby holder and sticker 1x ticket into Reverse Draw 2x Thursday Night meal vouchers - Happy Hour 5.30pm - 6.30pm Thursday Nights & Home Games	- Go into draw to receive 1x ticket to a major club function - Go into draw to receive club voucher valued at \$50 - Go into draw to receive 2x free coffee vouchers for every home game
PATRON SAINT	\$1000	- Name on fence in recognition 2x Inaugural Social Membership - Exclusive apparel TBC - Club voting rights (x2) 2x tickets to Wing Round package TBC - Buckleys Membership - Happy Hour 5.30pm - 6.30pm Thursday Nights & Home Games	No early bird offers on Patron Saint - Fully tax deductible donation to the STAFNC junior development program - Australian Sport Foundation Registered
LIFE MEMBER	FREE	- Entry to all home & away games - Club voting rights - Buckleys Membership - Happy Hour 5.30pm - 6.30pm Thursday Nights & Home Games	



PARENTS/MEMBERS

The support from all our parents/members is essential if we are to establish ourselves successfully representing the St Albans Football and Netball Club.

It is a requirement across all clubs in the league that participating juniors have family members who will fulfil the volunteer requirements to enable the junior players to play football and netball.

This includes a roster generated by the volunteer team manager of each junior team which asks each player to provide a helper to assist with the following roles each game:

Football: time keeping, goal umpiring, primary carer.

Netball: scoring home games, time keeping away games, primary carer.

It is important we have the personnel (families) on hand in order to provide the appropriate environment so the players can play at the required level. **We need your help.**

We feel it is also important to have faith in all coaching staff and allow them to carry out their match day duties without interference. Talking to the players during a game can be distracting, to both player and coaching staff alike. Certainly discuss football or netball with your child or player as often as you wish, but trust the coaches/staff to do the job on game day.

Fundraising: all participating junior teams across football and netball allocated at least two x2 hour time slots in our canteen on Saturday home games for the season. The canteen is a major revenue raising service to the overall performance of the Club, and it networks our players, members and supporters. We appreciate your assistance in this area and other fundraising efforts and events the Club host throughout the year.

We look forward to meeting you all at some stage throughout the season and we welcome new ideas on fundraising, entertainment and sponsorship. Offers of assistance will be extremely welcomed and appreciated. If you have any queries, please contact us anytime.





STAFF & VOLUNTEERS LIST

Operations/Building/Grounds - Mark Sinkinson

Canteen Co-ordinator - Lana McKenzie

Thursday Night Meals - Lana McKenzie

Bar - Kathy Boyles

Cleaning - Melissa Telfer

Senior Mens Football Coach - Rick Munn

Reserves Mens Football Coach - Luke Mulquinney

Senior Mens Team Manager - Jodie Thomas

Time Keeper - Daryl Burns

Senior Womens Football Coach - Brian Kelly

Under 18s - Steve Smith

Under 16s Boys - Adrian Robinson & Brad Sinkinson

Under 16s Girls -

Under 14s - Tom Brooks, Brodie Parish & Campbell Sunderland

Under 12s - Rodney Morris **Under 9 s** - TBC

Auskick - Brock McDonald & Ebony Storrar

Netball Head of Coaching - Rebecca Henriksen

A Grade - Rebecca Henriksen & Warren Button (assist)

B Grade - Rebecca Henriksen & Grace Waterson

C Grade - Amy Cook & Taliah Mullane

D Grade - Grace Waterson

E Grade - TBC

19s - Warren Button

17s & 15s - Rebecca Henriksen

13s - Taliah Mullane

11s - TBC

Netball Umpire Coordinator - Grace Waterson

Senior Sports Trainer - Rachel O'Brien

Wellbeing - Nick Chudoschnik

HELPERS ARE REQUIRED ON MATCH DAYS. IF YOU CAN ASSIST IN ANY WAY WHETHER IT BE IN THE CANTEEN OR ON THE GATE PLEASE CONTACT THE CLUB - stalbansfncsocial@gmail.com



GAME TIMES

FOOTBALL & NETBALL (Saturday GFNL fixture shown below)

Senior Men's 2:10pm

Reserves 12pm

A Grade 1:40pm

B Grade 12:10pm

C Grade 11am

D Grade 10:05am

E Grade 1:40pm

Under 19s 12:10pm

Under 17s Div 1 10am

Under 17s Div 2 11am

Under 15s Div 1&2 9:10am

Under 13s Div 1&2 8:15am

JUNIOR FOOTBALL & NETBALL (AFL BARWON - fixtures determined post grading games)

Under 18s Boys Saturday 10am*

Under 16s Boys Saturday**

Under 16s Girls Sunday**

Under 14s Boys Sunday**

Under 12s Saturday**

Under 10s Saturday**

SENIOR & JUNIOR WOMEN'S FOOTBALL

Games vary each week**

Under 11s Netball Tuesday Evenings**

Auskick Friday Evenings TBC

***venues vary**

****times and venues vary**

All games and times can be found on Facebook, Instagram or on PlayHQ