

SUPERSAINT NEWSLETTER



Coaches Corner with Rick Munn

G'day St Albans family!

I'm pumped to be writing to you as we head into Round 1. A bit about me – I'm a proud husband to Danielle and dad to three amazing kids: Brody (14), Caleb (11), and little Sienna who's 6. Life's a juggling act between family, my role as Head of Growth at Clinic Mastery, and of course, footy – but I wouldn't have it any other way!

My playing days included 200 senior games, mostly in the WRFL, and what drew me to St Albans is exactly what keeps me here – it's a true family club. I love the **"One Club"** vibe. From our juniors to seniors, men's and women's programs, and even netball, there's a strong sense of community and pride that's hard to beat.

On the footy front, it's been a massive pre-season. We kicked things off back in November and have built something pretty special. We've added 20+ senior players, welcomed some talented Colts graduates, and retained 95% of last year's list. That gives us over 60 players available for selection this week – a great headache to have!

We got some strong signs out of our four practice matches – four wins, plenty of learnings, and a growing sense of belief. But now it's time for the real stuff. We've got a big first month ahead and we're ready to earn back the respect of the AFL Barwon community. **#BackInBlack**

This year's about continuing to grow our young core and pushing ourselves to be competitive with the best. I won't be putting a ceiling on what's possible – we're here to challenge, to develop, and to represent this club with pride.

Can't wait to see you all around the club this weekend. Let's go!



Next Edition we will hear from Bec Henrikson the Netball Senior Coach on how Our Netball season is looking!

25 YEARS OF NETBALL IN GFNL



We are looking for old STAFNC posts, photo's, memorabilia for our 25th year in the GFNL. Give to Virginia, Grace or email secretary@stalbandsfnc.com



SEASON LAUNCH

What a great day we had at the Season Launch. We had so many supporters, members, players, families there to raise a glass to a new season and some success on the field and court.

There is a new vibe around the place and lets hope this keeps going right into the season. Check out some of the photos from the afternoon. There will be more on our socials, so check them out.

A big shout out to **Mario and Mari from The Elephant & Castle** for their teams hospitality and service. Make sure you pop in and have a beer, wine or cocktail if you are in the area.



**BREAKING
NEWS**

SUPERSAINT NEWSLETTER

LIVE

**LAST CHANCE
HURRY!**

GOLDEN SAINT



2025

\$30 FOR 1 TICKET OR 4 FOR \$100

GO INTO THE DRAW TO WIN:

- \$1000 VENUE VOUCHER*
- LADIES DAY OR MAJOR DRAW TICKET
- ENTRY TO SELECTED FUNCTIONS*
- MEMBERSHIP REIMBURSED

***CONDITIONS APPLY**

Back to the Break Saturday 26th April



SAINTCHELLA

Saturday 3rd May

tickets online soon

SOCIAL CALENDAR

STAFNC 2025 SOCIAL CALENDAR

SEASON LAUNCH SUN 30TH MARCH

RD 1 SAT 12TH APRIL  GOLDEN SAINT ANNOUNCED

RD 2 SAT 26TH APRIL  BACK TO THE BREAKWATER HOTEL

RD 3 SAT 3RD MAY  SAINTCHELLA

RD 4 SAT 10TH MAY  LADIES DAY

STAFNC 2025 SOCIAL CALENDAR

RD 5 SAT 17TH MAY  WING CLUB

RD 7 SAT 7TH JUNE  WOMEN IN SPORT

RD 8 SAT 14TH JUNE  PROM NIGHT

RD 11 SAT 12TH JULY  BLACK & WHITE BALL

RD 12 SAT 19TH JULY  PAST PLAYERS DAY

STAFNC 2025 SOCIAL CALENDAR

RD 14 SAT 2ND AUGUST  SPONSOR'S DAY

RD 15 SAT 9TH AUGUST  WING CLUB HYPNOTIST

RD 16 SUN 17TH AUGUST  MAJOR DRAW

RD 17 SAT 23RD AUGUST  ELEPHANT & CASTLE

RD 18 SAT 30TH AUGUST  VOTE COUNT

≡Welcome≡ TO OUR SPONSOR OF THE WEEK



This hidden little gem is a family owned and run business that pays homage to the family's Sicilian origin through its love and passion of authentic flavours, Nonna's traditional recipes (shhh... they are still a secret!)

Call to order or book a table.

Phone: 03 5226 3170

62 Charles Street, Newcomb



VOLUNTEER WITH US!!!! SOME OF THE ROLES ON GAME DAY

- Putting & taking off the Goal Post Pads.
- Setting up change Rooms on Game Day.
- Helping medical staff before and after a game.
- Support the Match Operations - Working with Club Officials
- Assist with ensuring Facilities are clean and safe.
- Manning the gate at home games.

JOIN
NOW



NOMINATE YOUR VOLUNTEER OF THE WEEK



DM OUR INSTAGRAM OR
FACEBOOK PAGES



@STALBANSFNCGEELONG



@STALBANSFNC

MENU

THURS 10TH APRIL
\$18

PARMI *GF
SCHNITZEL *GF
HAWAIIAN PARM
VEGO SCHNITZEL
FISH & CHIPS

ALL AVAILABLE IN HALF SERVE SIZE \$10

CHIPS & GRAVY \$5

KIDS MENU \$8

NUGGETS & CHIPS
PASTA BOLOGNAISE
FROG IN A POND \$3

THURSDAY DINNERS ARE \$18 ADULT MEALS BACK!!!

\$10 HALF SERVE ON SOME
OPTIONS

\$8 KIDS MEALS

\$3 FROG IN THE POND IS
BACK



LOOKING FOR NETBALL UMPIRES

We are wanting to expand our umpire cohort for 2025 and beyond.

- Are you interested in earning pocket money?
- Are you a junior netballer looking to expand your knowledge of the game?
- Are you a good sideline commentator?

If this sounds like you.
Contact our Umpire Coordinator

Grace Waterson
0438 220 883



PATRON SAINT

We're calling on our community - families, friends, supporters, and past players - to be part of something truly special.

For the first time, we're launching the Patron Saint, a space on our fence that will proudly display the names of those who have generously contributed \$1,000 to help build the future of our club. Whether you donate as an individual, a family, or a group, your name will become part of our history. These funds will directly support our Junior Football and Netball Development Program.

This is your chance to be one of the inaugural Patron Saints - the very first names to be recognised in this way. It's more than a donation; it's an investment in our future champions. Every dollar counts. All contributions are welcome - and every Patron Saint will help us create a stronger, more united club from the ground up. Join us. Inspire others. Become a Patron Saint in 2025.

Because great clubs are built from grassroots... and backed by legends.

BECOME A PATRON SAINT

INVESTING IN ST ALBANS JUNIOR FOOTBALL & NETBALL DEVELOPMENT

WHAT YOU GET....

\$1000.00*

- Name on the Fence
- 2 x Social Memberships (Inaugural)
- Exclusive Apparel
- 2 Tickets for the Wing Round Package
- 2 x Club Voting Rights
- Happy Hour 5:30 pm - 6:30 pm Thursday Nights & Home Games
- 1st free drink at club
- Stubby holder & Sticker
- 1 x Reverse Raffle Ticket
- 2 x Thursday Night Meal Vouchers

Tailored Packages can be discussed
Australia Sports Foundation Registered Tax Deductible*

www.stalbansfnc.com



MEMBERSHIPS 2025



STAFNC SOCIAL MEMBERSHIPS

PATRON SAINT \$1000
FULLY TAX DEDUCTIBLE
DONATION TO STAFNC JUNIOR DEVELOPMENT

SUPER SAINT \$400

DOUBLE SOCIAL SAINT \$150

STAFNC WING CLUB \$250

SINGLE SOCIAL SAINT \$100

SINGLE SOCIAL SAINT \$100

Payments made via transfer
St Albans FNC
BSP 633 108
ACC 105632400

ENTRY TO ALL HOME & AWAY GAMES

CLUB VOTING RIGHTS

CLUB STUBBY HOLDER OR STICKER

BUCKLEYS MEMBERSHIP

HAPPY HOUR 5:30PM-6:30PM
THURS NIGHTS & HOME GAMES

DOUBLE SOCIAL SAINT \$150

Payments made via transfer
St Albans FNC
BSP 633 108
ACC 105632400

ENTRY TO ALL HOME & AWAY GAMES

2 X CLUB VOTING RIGHTS

2 X CLUB STUBBY HOLDER OR STICKER

BUCKLEYS MEMBERSHIP

HAPPY HOUR 5:30PM-6:30PM
THURS NIGHTS & HOME GAMES

STAFNC WING CLUB \$250

Payments made via transfer
St Albans FNC
BSP 633 108
ACC 105632400

ENTRY TO ALL HOME & AWAY GAMES

CLUB VOTING RIGHTS

WING CLUB STUBBY HOLDER & STICKER

2 X HOME GAME PACKAGES (FOOD & SELECTED BEVERAGES)

BUCKLEYS MEMBERSHIP

HAPPY HOUR 5:30PM-6:30PM
THURS NIGHTS & HOME GAMES

HOME GAME PACKAGE DATES:
17/5
ROUND 5 VS NORTH SHORE
9/8
ROUND 15 VS GEELONG WEST

SUPER SAINT \$400

Payments made via transfer
St Albans FNC
BSP 633 108
ACC 105632400

ENTRY TO ALL HOME & AWAY GAMES

1ST DRINK FREE AT CLUB

SUPER SAINT APPAREL

SUPER SAINT STUBBY HOLDER & STICKER

1 X TICKET INTO REVERSE DRAW

2 X THURS NIGHT MEAL VOUCHERS

HAPPY HOUR 5:30PM-6:30PM
THURS NIGHTS & HOME GAMES

PATRON SAINT \$1000

Payments made via QR CODE

NAME ON FENCE IN RECOGNITION

2 X INAUGURAL SOCIAL MEMBERSHIP

EXCLUSIVE APPAREL

2 X CLUB VOTING RIGHTS

2 X TICKETS TO WING ROUND
BUCKLEYS MEMBERSHIP

HAPPY HOUR 5:30PM-6:30PM
THURS NIGHTS & HOME GAMES

HOME GAME PACKAGE DATES:
17/5
ROUND 5 VS NORTH SHORE
9/8
ROUND 15 VS GEELONG WEST

2025 COMMITTEE

Introducing Your 2025 Committee.

Craig Osborne - Joint President
Virginia Wilson - Joint President & Netball Director
Mark Sinkinson - Vice President Operations
Ross Wilson - Vice President Finance
Nicole Smith - Secretary & Sponsorship Coordinator
Leaia McElroy - Treasurer
Sam Wolfenden - Football Director
Jade Morris - Junior Football Coordinator
Jacinta Randall - Junior Netball Coordinator
Grant Dew - Senior Football
John Long - Past Player Contact & Life Member
Lana McKenzie - Volunteer Coordinator, Kitchen & Canteen Manager
Adrian Robinson - Junior Football
Brad Sinkinson - Apparel Coordinator
Emma Sinkinson - Brand Manager, Social Media & Events
Jodie Thomas - Senior Football Team Manager
Sean Thomas - Junior Football
Grace Waterson - Health & Wellbeing Coordinator, Netball Umpire & Senior Netball Coach



JUNIOR DEPARTMENT

Under 14's

	11	5	71
	3	5	23

The Under 14s had a practice match against Leopold and played four solid quarters of football. It was a great contest, and the group showed just how much all the hard work from Brodie, Tom, Campbell, Brendan, and Rich over the preseason has paid off—coming together and playing like a well-connected team.



Under 16's



Congratulations to our Under 16 Captains and Leadership Group

Co Captains

Cooper McKenzie & Hamish Andrews

Leadership Group

Trent Salter, Cooper Reed & Cooper Robinson

REGISTER
NOW

THIS
WEEKEND

STAFLNC
U13 + U15 NETBALL



THURSDAY NIGHT TRAINING

- INCLUSIVE, PROGRESSIVE CLUB
- COACHED BY A GRADE PLAYERS
- OPPORTUNITIES FOR NETBALL DEVELOPMENT ON SATURDAY MATCH DAY EXPERIENCE

CONTACT JUNIOR COORDINATOR, JACINTA FOR FURTHER INFORMATION



JUNIOR FOOTBALL
PLAYERS WANTED
FOR THE 2025 SEASON

U10, U12, U14, U16, U18
ALL PLAYING LEVELS WELCOME

contact Jade Morris on 0402 614 894 or
email junior.football@staflbansinc.com



JUNIOR LONGEST KICK



WHEN: This Saturday 12th April
TIME: Half time of the seniors
WHO: All juniors
PRIZES TO BE WON!

HEALTH & WELLBEING UPDATE

AHEAD OF THE GAME

Ahead of the Game – Junior Football Reminder 📢

Parents, coaches, and any volunteers for children who participate in Under 14's, 16's, and 18's, we want to remind you about the upcoming three sessions as part of our partnership with Movember Ahead of the Game. It is an expectation that all children as part of these teams are in attendance. This program is free and uses sport to teach young players, parents, coaches, and volunteers how to talk about mental health. At STAFNC, we recognise the mental health challenges facing young players, and want to ensure that we are supporting young people in every way possible.

DATES TO NOTE

1st Session is on 29th of April from 6-7pm and the focus is on "Help out a mate" – players only
2nd Session is on 13th of May from 6-7pm and the focus is on "The Challenge" – players only
The 3rd and final session is on 27th May from 6-7pm – coaches, parents and volunteers.

MARK THE CALENDAR

Whole club (juniors and seniors – across all codes) training will be on the 29th of May.
Further information to be announced.

WEBSITE UPDATE

Our website has been updated to reflect some new and amended policies such as drug and alcohol, bullying and grievances. All players across all sectors and codes will be expected to sign electronically a declaration form acknowledging these policies within the first 4 weeks of the season (guardians will sign on behalf of children aged under 16).

CONFIDENTIAL
EXTERNAL
ASSISTANCE



1800 55 1800



13 11 14



1300 22 4636



13 92 76

AHEAD OF THE GAME
GROWN BY MOVEMBER

In partnership with
TOYOTA coles

Movember Ahead of the Game is a literacy and resilience program which aims to educate umpires, young players (aged 12-18 years) and their support networks (parents, coaches, and club volunteers) on the importance of mental health.

Giving them tools to deal with life's challenges, and the confidence to support their mates through tough times, whilst also empowering them to look after their own mental wellbeing.

Ahead of the Game consists of 4 x 50-60 minute workshops:

HELP OUT A MATE
FOR PLAYERS
Mental health literacy workshop that young athletes complete first. The session focuses on building knowledge of what mental health is and the skills and knowledge around how to help themselves and others when faced with mental health challenges.

THE CHALLENGE
FOR PLAYERS
"The Challenge" app. The mental health resilience workshop and modules focus on teaching young athletes about ways to identify and develop skills for managing the challenges that sport and life can present.

NO.1 SUPPORTER
FOR PARENTS
Mental health literacy workshop for parents. The session focuses on building parents' knowledge of what mental health is and the skills and knowledge around how to help their children and others when faced with mental health challenges. It also helps breakdown what is normal teenage behavior and what is not.

GOT YOUR BACK
FOR COACHES
Mental health literacy workshop for coaches and club volunteers. The session focuses on building knowledge of what mental health is and the skills and knowledge around how to help young players and others when faced with mental health challenges.



SPONSORS WANTED



SPONSORSHIP PACKAGE 2025

Welcome to the sponsorship packages for 2025.

As a St Albans Football Netball Club Sponsor, 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 oval every year. Your business and brand will be visible at St Albans FNC over the entire year. We have tailored packages to suit your financial requirements available to ensure your business is promoted the best way possible.

We are looking forward to a successful 2025.

GROUND RIGHTS

- 1st year \$20,000
- 2nd year \$15,000
- 3rd year \$15,000



BEHIND THE GOAL
\$10,000



NETBALL COURTS
\$5,000



JUNIORS
\$4,000

\$10000

PLATINUM
SPONSOR

\$5000

GOLD
SPONSOR

\$4000

SILVER
SPONSOR

\$3000

BRONZE
SPONSOR

\$400

SUPERSAINT
MEMBER

\$250

WING CLUB
MEMBER

\$1000

PATRON SAINT
CLUB

MORE INFORMATION:  sponsorship@stalbandsfnc.com

 stalbandsfnc.com

**New Sponsors welcome - for a sponsorship package email:
sponsorship@stalbandsfnc.com**



ST ALBANS FNC

SUPERSAINT



LOTTO

50 TICKETS ONLY

16 WEEKS (DATES TBC)



\$300 WINNER EACH WEEK

\$160 PER TICKET



Payments to be made via bank transfer

St Albans FNC

BSB: 633 000

ACC: 105 632 400

Reference: Your Name – Lotto

See Ross Wilson for more details



MERCHANDISE UPDATE



If you would like to order any other merchandise you can go to the shop on our website.

KEEP UP TO DATE ON OUR SOCIALS

Check out our freshly updated website!

You'll find all your important information here.

You can find the website by googling "St Albans Football Netball Club" or at the website link <https://stalbandsfnc.com/>



ST ALBANS FNC

STAFNC 2025 SEASON

12/04/25	Lara	Home	28/06/25	St Mary's	Away
26/04/25	Geelong West	Away	05/07/25		BYE
03/05/25	Grovedale	Away	12/07/25	Lara	Away
10/05/25	St Joseph's	Home	19/07/25	Colac	Home
17/05/25	North Shore	Home	26/07/25	North Shore	Away
24/05/25	Newtown	Away	02/08/25	Grovedale	Home
31/05/25		BYE	09/08/25	Geelong West	Home
07/06/25	South Barwon	Home	16/08/25	Newtown	Home
14/06/25	Bell Park	Away	23/08/25	St Joseph's	Away
21/06/25	Leopold	Home	30/08/25	South Barwon	Away



www.stalbansfnc.com



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@stalbandsfncgeelong