



SUPERSAINT NEWSLETTER



Football Preseason

The senior men's team has been putting in the hard work on the training track, showing great intensity and commitment as we gear up for the season ahead. The boys are looking sharp and are excited for their upcoming practice match against Banyule this weekend. The game kicks off at 12 PM at RMIT Bundoora, and we encourage all supporters to come down and get behind the team.

In other exciting news, the recent announcement of our leadership group has brought together a fantastic group of individuals who are ready to drive our club forward both on and off the field. Their leadership and dedication will be crucial in setting the tone for a strong and successful season.

We're looking forward to seeing everyone out there supporting the boys!

Check out our Leadership group on page 2!



Netball Preseason

THANK YOU! Terry at Carbon Gym, in South Geelong for hosting our club pre-season session on return from our Summer break. Organised by Laura, it was a wonderful introduction for our senior squad to take our fitness to the next level this season in conjunction with P2.

St Albans Netball Trials started last week which saw strong numbers and welcomed new faces to the club.

Trials continue:

Thursday 20th Feb 6-7:30pm

Saturday 22nd Feb 10-11:30am

Thursday 27th Feb 6-7:30pm.

If you are still considering netball opportunities this season it is not too late to trial! All new and existing players are welcome at The Supersaints!

For further enquiries call:
Virginia 0409 223 493

BRING ON SEASON 2025

Senior Football Leadership Group 2025

STAFNC 2025 Senior Leadership Group

We are super proud of our leadership group and can't wait to see how they take on the 2025 season!

Co Captains: Hayden Elliot & Jacob Russell

Vice Captains: Bailey Brogden & Nathan Cole

Leadership Group: Tom Caudullo, Dylon Johnston, Nic Clarke + Jed Warrin

Emerging Leaders: Tom Brooks + Brock McDonald

CONGRATULATIONS!!!



UNDER 18'S TRAINING CAMP 2025

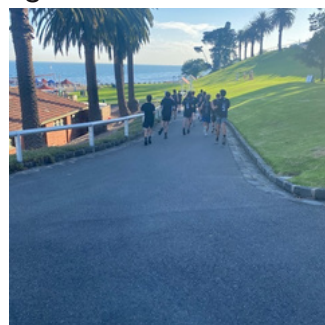


What a fantastic weekend for STAFNC's Under-18s training camp last Saturday! The day was all about team building, hard work, and having fun. The group pushed themselves while maintaining a positive mindset, setting the tone for the upcoming season.

The boys tackled conditioning drills, including stair climbs, push-ups, dips, and squats, building both strength and endurance 16 kms in total. They also took on an Amazing Race-inspired challenge around the Eastern Gardens, with six tough stations designed to test their on-field efficiency, communication, leadership, teamwork, and overall fitness.

To wrap up the day, they hit the track for footy training, breaking into small groups with Scuba, Brad, and Clarkey to refine their skills and game strategies, followed by a BBQ.

A great effort from everyone—bring on the season!





GOLDEN SAINT 2025



Go into the draw to win:

- \$1000 venue voucher*
- Ladies Day or Major Draw ticket
- Entry to selected functions*
- Membership reimbursed

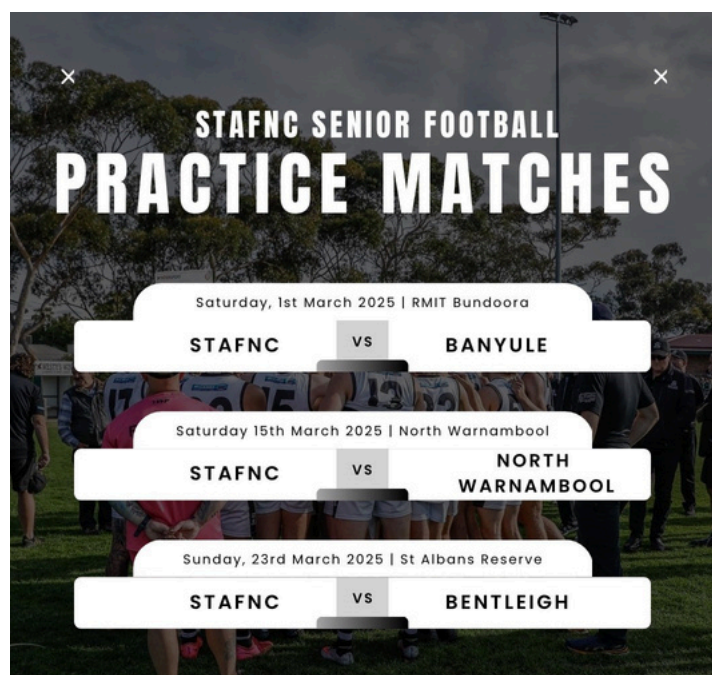
*conditions apply

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

To purchase your ticket please bank transfer to:

St Albans FNC
BSB 633 108
ACC 105632400

Once payment has been made please send a screenshot to treasurer@stalbansfnc.com OR we will have EFTPOS at the season launch



The investment in the P2 Performance Training this year for all STAFNC Footballers and Netballers from under 16 up, it aims to assist our players with Strength & Conditioning, Fundamental Development, Game Development, Education, Professional Development and more. This program is there to support those who want to do more than just play, and is tailored to give our teams and players that extra edge and motivation as a progressive football and netball club striving for on and off field/court success.

Our teams will be only fitter and stronger and ready to take on season 2025 with the introduction of P2.

Register
Now

JUNIOR FOOTBALL

Our junior football teams have been training hard for the past few weeks, building strong numbers and getting plenty of distance in our legs. We recently held a fantastic Meet the Coach day, where some of our older junior players joined in for a fun and competitive game against the younger players.

As the season approaches, don't forget to register! You can find the registration link on our website.



Under 18's Osborne



Under 16's McFarlane



Under 14's Grinter



Under 12's Allthorpe

JUNIOR NETBALL

Thank you to all the players who participated in great spirit in Summer Comp, and to the junior players and parents who volunteered their time to coach the teams.

Good luck to our teams in finals,

Under 15s Madden
&
Under 17s Henriksen!



Under 13s Irvine



Under 19s & 17s with P2 Coach Lachie



Under 15s Quick



Under 11s Angels



A Grade players Taliah & Amy with some of our future stars from 11s & 13s

WANTED

U18 FOOTBALLERS

STA FNC
U18 FOOTBALL
PLAYERS WANTED!!!

- INCLUSIVE, PROGRESSIVE CLUB
- P2 TRAINING OPPORTUNITIES
- SATURDAY GAME DAY

CONTACT STEVE 0484 942 603 OR BRAD 0400 220 131
FOR FURTHER INFORMATION



WANTED!!! Looking for Under 18 Footballers. It's not too late to come down and start training!
Registrations are still open

FEMALE FOOTBALLERS

WOMEN AND U14/U16 GIRLS FOOTY TRAINING

5:30PM - 7PM
ST ALBANS RESERVE
EVERY MONDAY & WEDNESDAY
NEW AND RETURNING PLAYERS WELCOME

Calling all women's and girls footballers, we **NEED** you!!
Every Monday and Wednesday our girls and women are training together at St Albans Reserve @ 5:30pm.
Bring your friends, come down and have some fun!!

U13 NETBALLERS

Under 13 Netballers we **NEED** you!!
Every Thursday at St Albans Reserve @ 4pm - 4:45pm.
Bring your friends, come down and have some fun!!
Call Jacinta on 0408 295 899

STA FNC
U13 NETBALL
THURSDAY NIGHT TRAINING @ 4PM

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

CONTACT JUNIOR COORDINATOR, JACINTA FOR FURTHER INFORMATION
0408 295 899

JUNIOR NETBALLERS



VOLUNTEERS

Become a Super Saint in 2025

St Albans Junior Netball U/11's & U/13's Training Starts Thursday 6th February 2025

U/11's 3:45 pm - 4:30 pm
U/13's 4:00 pm - 4:45 pm
U/15 4:30 pm - 5:15 pm
U/17 5:00 pm - 6:00 pm
At St Albans FNC Reserve
203 Boundary Rd

This opportunity is for young players to come join an inclusive Club and to play Netball on a Saturday Morning.

For further details contact Jacinta Randall 0408 295 899

It's Not Too Late!

JOIN NOW

VOLUNTEERS NEEDED

GAME DAY OPERATIONS

STAFNC is on the hunt for enthusiastic volunteers to join our Game Day Operations Crew! This is your chance to be part of the action behind the scenes and help make every match day a success

What You'll Do:

- Set Up & Pack Down Equipment – Help prepare equipment for medical staff and players before and after games.
- Manage Facilities – Assist with setting up change rooms, spectator areas, and ensuring facilities are clean and safe.
- Support Match Operations – Work alongside club officials to ensure game day runs smoothly.

For further details or to register your interest please contact:
Sam Woffenden (Football Director) 0433750944
OR
Craig Osborne (President) 0419646581

MEMBERSHIPS 2025

SEASON LAUNCH



\$1000
FULLY TAX DEDUCTIBLE
DONATION TO STAFNC JUNIOR
DEVELOPMENT



\$400



\$250

**STAFNC
SOCIAL
MEMBERSHIPS**



\$150



\$100



SEASON LAUNCH

 **SUNDAY 30TH MARCH**

 **STARTING AT 1PM**

 **ELEPHANT & CASTLE**

NETBALL UMPIRING ACHIEVEMENT!!

A shoutout to Grace Waterson, Kelly Brandich and Jessica Anne for putting in the work and effort to bettering themselves as an umpire, whilst also helping our great club.

If you are interested in umpiring at all, or have the credentials to do so but haven't umpired in a while - please reach out as we will be in need of some time slots being filled!



HEALTH & WELLBEING UPDATE

The Champions

Grace Waterson
Jade Morris
Lana McKenzie
Nick Chudoschnik
Ebony Storrar



At St Albans Football and Netball Club (STAFNC), we recognise that our club and your participation in our sporting codes improves your health in more ways than one and we recognise that our impact as a club extends beyond just the playing field.

We are committed to creating and sustaining a welcoming, family-friendly, and inclusive environment for all. We are dedicated to encouraging and upholding positive, respectful attitudes while cultivating a culture that prioritises health and wellbeing.

Going forward, STAFNC will focus on introducing policies, programs and practices that encompass the 9 key areas of health.

MERCHANDISE UPDATE



For more details and to register your interest in the Canterbury Rugby Jumper or to order Training Tops please contact Brad Sinkinson 0490 093 991.

If you would like to order any other merchandise you can go to the shop on our website or directly to Promote-It website

<https://promote-it.com.au/stalbans-fnc/>

PROMOTE-IT
TROPHY & CLOTHING CO.
GEE LONG PH 5222 4734
www.promote-it.com.au
sales@promote-it.com.au



SPONSORS WANTED

St Albans Football Netball Club is looking for sponsors to join us for an exciting year ahead! Supporting our club is a fantastic way to promote your business while contributing to the growth of our community and teams.

📢 Sponsorship Packages Available:

☀️ Ground Rights Sponsor: \$15,000 for a 3-year partnership

🏀 Behind the Goals Sponsorship: \$5,000 per end

😊 Junior Team Sponsorship: From \$2,000

💰 Patron Saint: Starting at \$1,000

Whether you're a local business or a passionate supporter, there's a package to suit you! Let's work together to achieve success on and off the field.

If you're interested or know someone who might be, send us a message, or email us at sponsorship@stalbandsfnc.com



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



BEHIND THE GOAL
\$10,000



NETBALL COURTS
\$5,000



JUNIORS
\$4,000

\$5000
GOLD SPONSOR

\$3000
SILVER SPONSOR

\$2000
BRONZE SPONSOR

\$500
SUPERSAINT MEMBER

\$1000
BENEFACTOR WING CLUB

MORE INFORMATION: 📧 stalbandsfncmembers@gmail.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

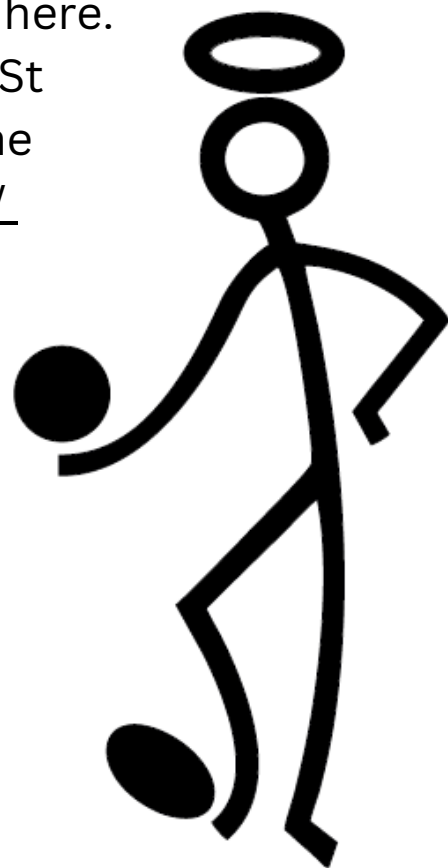
Reference: Your Name – Lotto

See Ross Wilson for more details



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://stalbansfnc.com/>



2025 Themed Rounds

Week 19th May to 25th May – AFL Barwon Indigenous Round
Week 9th June to 15th June – Leisure Networks Inclusion / Pride Round
Week 30th June to 6th July – The Athlete's Foot Female Festival of Sport
Week 21st July to 27th July – TAC Road Safety Round
Week 28th July to 3rd August – Mental Health & Hamlan Homes Read the Play Round

