



Greythorn Falcons



"The Falcons' Flyer"

Newsletter March 2011



2010 Premiers — Greythorn Colts



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To all Greythorn Falcons players and families,
Welcome to Season 2011.

from Bill Damm, Club President

For the old hands, welcome back. I hope you had a great off-season and are ready to do battle again.

For the New Families to Greythorn, a big welcome. I hope that the club will meet all your expectations for this year and years to come. I might be biased but I believe that our club is a very happy and inclusive place to be and hope you will feel the same.

The Club website is a great way to keep up to date and in case you have not seen it, the address is:
<http://www.greythornfalcons.com.au>

Also, catch up with your Team Manager for your first training dates and don't forget to collect your **club kit bag and cap...**

"Rego" day, like last year, was a great success with over 175 people registering on the day. Not quite the record of last year, but a great result. A big thanks to Sue Cutler and her team for the sausage sizzle. Great Effort.

This will be my second year as President and I believe that the points I made last year with respect to what I see as my role in the club have not really changed:



President's Welcome (Cont'd)

The main priorities of the Club are as follows:

- Ensure we have a safe environment for all our players and parents
- Ensure that we get the best possible out of all our players
- Ensure the club survives and is the best in the area
- Ensure the financials of the club are secure

- Ensure all our parent helpers get the training and help they need
- Ensure we all have fun and enjoy our great game

Finally if you have any questions at all feel free to contact myself and anyone else on the Club Committee. Everyone's details are on the website and we will endeavor to answer your questions.

Welcome to our New Players

To date, the following New Players have signed up to join the club this year.

We wish all of you success and a heap of fun in 2011.

Tackers:

Thomas Bate, Daniel Deane, Will Exell, Nick Fenster, Harry Fisher, Joshua Gale, Nicholas Giardina, Lachlan Joyce, Mitchell Kane, Elijah Karalus, Kristian Libertone, Robert Lossino, Henry McIntyre, Ari Murphy, Daniel Somay, Jack Tolley, David Waldron.

U10s

Max Kapnias, Michael Tynan

U11s

Mitchell Gill-Hanlon, Jack Imeson, Jesse Kane, Ryan Scammells

U12s

James Dunstan, Jack Grundy, Vincent Rojas, James Theodorakopoulos

U13s

Harrison Purcell

U14s

Nick Jamison, Darcy Long, Ben Reid.

U15s

Erol Ozoglu, Adam Romas

Colts

Matthew Lasorko, Nick Tamiakis, Cameron Wallace





Working With Children (from Bill Damm)

It is now a Legal requirement that any person working with children on a regular basis must have a "Working with Children" check.

As a club we are enforcing this requirement with a couple of additional options:

Though the law has some categories of jobs that are exempt from the check, So if you are in the Police or a Doctor etc, we still require you to get a check done.

Also the Club has reduced the age requirement down from 18 years to 16 years as we want to encourage the older kids to participate at training and in other duties at an early age.

So, if you want to help out at the club, just go to the Post Office, get the form and complete it. Re-

member to tick that you are a volunteer for the Greythorn Football Club and submit the form with photos..... **It is FREE.**

Once you have your card please supply the following details for the clubs records:

- Name
- Number on the card
- Expiry date

The club all ready has over 75 parents that have completed this process. My personal view is that if you want to be involved in anything that your children might do (not only footy) it is a good idea to get one and they last 5 years.

Mouthguards - A Must Have!

*This information is provided by club sponsor Andrew Lack, Dental Prosthetist, at the Balwyn Denture Clinic. **For appointments phone 9816 3337.***

Q. "So what exactly is a custom fitted mouth guard?"

A. A custom fitted mouth guard is hand made to fit the players' mouth precisely. An impression is taken of the upper teeth. Plaster is then poured into the impression to form a replica of the teeth. A sheet of vinyl mouth guard material is heated, softened and moulded over the plaster model. We end up with a mouthguard that will fits specifically the one person its made for. Research shows that a custom mouth guard offers the best protection from dental injuries. They are also the most comfortable, so the player is more likely to wear it when training and playing.

Q. "How long can I expect the mouth guard to last?"

A. A custom mouth guard for junior players will usually last one season. Boys' teeth and mouths rapidly change shape at this age, so the mouthguard may get tight or not go in properly after six months or so.

Q. "How much do they cost?"

A. Single colour is \$99. Multi colour is \$120 including GST. There is a red/white/blue combination available.

Q. "Can I claim the cost of a custom mouth guard on my private dental insurance?"

A. Yes. Check with your fund for the refund amount. They will ask you for an item number. For a mouth guard the item number is 151.





Gordon Barnard Pavilion Opens

With great pleasure, I would like to inform all current and former Club Members, that Greythorn Football Club has now signed the official agreement for the Gordon Barnard Pavilion. I.

Our Club now has a 10 year non-exclusive Lease on the new Club Rooms with the Boroondara Council.

State-of-Art Clubrooms, canteens and space for Club Social functions are the benefit of a project which has been at least 8 years in the making.

This is the reward for the efforts of many people over a long period of time.

We still have a few things to sort out and more details will follow as they become available.

To be part of this project, the Club will be investing a large amount of money, most of which is due in April this year. I want to assure all members that although this will change our cash position, the Club has been saving toward this project for some time, so we will fine.

If you have the opportunity, I encourage everyone to go and have a look at the facility. We will be holding a number of our Sunday BBQ's there this year so people can look around and enjoy all that it has to offer.

The facility has 5 change rooms (one is a girls change room), a gym, two canteens and a social area that seats 200 people.

Congratulations again to everyone at the club who over the years has helped Greythorn JFC be in a position to be part of this new project.

We can all now look forward to enjoying it.



Bill Damm (2nd from left) joins Boroondara Mayor Nicholas Tragas and Camberwell Grammar School Headmaster PG Hicks amongst others at the Gordon Barnard Pavilion opening on March 2nd, 2011.

Players' Insurance

We don't normally think about insurance until we need it.

Please rest assured that the Club takes out Insurance for all players. In the unfortunate circumstance of a player injury, most of the expenses incurred are covered.

This year the committee has approved going to the highest level so our members get the best available cover. If a player gets injured and wants to make a claim, make sure to ring the Insurance company as soon as possible and let them know that there may be a claim lodged.

You will be required to complete their Claim Form within 12 months of the incident. More details on the website.

Your Team Manager needs to complete a club Incident Form and send it in for our records.





First BBQ - Book the Date!

They're Back! Bigger and better than ever!

Just when you thought you could retreat to a warm fire at the end of a long day on the sidelines, the Greythorn Barbie is Firing Up Again!

Pencil in **Sunday Evening, 10th April** at Greythorn Park for the Season's first get-together!

Auskick Rego Day

Auskick registration day is on Saturday 19th March, starting at 12.00 noon until 2.00pm at Greythorn Park!

Boys registered at the Greythorn Football Club (in either Tackers or U10s Teams) can register for Auskick for a specifically crafted "skills training" session held on Saturday mornings.

These boys will be eligible for grid games and centre games at the MCG or Etihad Stadium.



Special Offer

Boys who register for Auskick who are also registered with Greythorn Footy Club and attend a minimum of 8 sessions at Auskick, will be refunded the \$70 Auskick registration fee.

You can register and pay online at www.aflauskick.com.au I prefer not to handle cash and cheques on Registration Day.

Also, if you register online before the 8th April, all families will receive a Family pass (2 adult and 2 children tickets) to see their Supported AFL Club during the season as well as each child receiving a NAB Auskick Pack. Pretty good value for \$70!

Don't forget to bring your footy gear as there will be a Kids vs Parents Game and a Sausage Sizzle on the day.

The Auskick season commences Saturday 2nd April 2011 at 9am. As always, we need coaches and helpers, so please contact me if you are keen to help!

We look forward to seeing you on registration day.

Thanks, Joe - 0414 678 728



Why Join the Falcons??

What do new players look for?

Under 12s new recruit, James Theodorakopoulos joins Greythorn in 2011 after playing over 50 games with Blackburn in the Eastern Districts Football League.

James is a versatile on-baller and speaking to his dad, Peter, the following factors were considered in choosing Greythorn:

- ◆ James' friends at school play for Greythorn

- ◆ We're a Club for junior footballers only. All Club resources go toward getting the 10 junior Teams on the park each week.
- ◆ Greythorn is an AFL Victoria endorsed Quality Club
- ◆ The contact made with Greythorn Committee members has encouraged the decision to join.

So, if you have some friends not signed up yet, they can do as James has done and join the Falcons in 2011



Season 2011

OK, now to the key dates for Season 2011:

Round 1 kicks off on 3rd April and the season will be 15 rounds. Three weeks during the Season will be byes. All the dates are listed on the YJFL WEB site below, so make sure you mark them in your calendar.

[Click here](#) or paste the following link...

<http://www.yarrajfl.org.au/app/webroot/Y2NpZD0xNDEwJmNhaWQ9MTg4MTMmYWlkPSZjcmM9NDY5MTA5ODI5>

Pre Season Training

Pre Season Training has started for some teams. We've managed to secure the following days and locations:

Mondays

Hislop Park (opposite Gordon Barnard)

Tuesday

Gordon Barnard (lower ground)

Wednesday

Leigh Park

Look the Part - Play the Part!

Gear and Equipment

Club T-Shirts, Fleecy Tops, Jackets, Polos Caps and Bags are all available.

See the Club Website for Details or email or Merchandise Co-coordinator, Nessa Neil at: neil-family@netspace.net.au

If you're new to Greythorn, a kit bag and cap are included with your registration.

The Club will provide ALL players with a jumper for the and hamlet (tackers—u/12) for the season.



Teams

At this stage, the following teams are confirmed starters. Please note that the Club has a policy of a maximum number of boys for each team. All players who want to play with us must get registered ASAP. A couple of teams are nearly at their maximum already:

Team	No.	Max
Tackers 1	24	28
Tackers 2	18	28
U10	26	26
U11	20	26
U12	21	26
U13	19	26
U14	24	28
U15	26	28
Colts 1	18	28
Colts 2	18	28



Fletchers — Major Sponsor again in 2011

A Special thanks to our Major sponsor, Fletchers Real Estate, who are on board for a further 3 years!

Fletchers have now been our major sponsor for 5 years.

This support means the Club can run its

programs and keep its membership fees within reach of our community. If you are thinking of selling (but hopefully staying in the area) make sure you give Fletchers the opportunity to explain how they can best serve your interests. Please find the Fletchers Annual Review over the page.



Partners on Board for 2011

The following businesses have committed (or discussions are underway) to support the Club in 2011

You will be familiar with most of them. They help us get the boys on the field – support them where you can. Just about every Club Partner offers discounts or “Best Price” deals to Greythorn Club members and their families. Let them know that you’re a member - they loves to know that their support of the Club works!

Benedetti Pizza - will again provide match day pizza vouchers

- | | | | |
|--------------------------------|---------------------|---|------------------------|
| Inspire Fitness for Wellbeing | Romeo Café | Essendon Volkswagen | MBA Office National |
| Essential Elements Plumbing | Amcal Greythorn | Boroondara Osteopathy | Greythorn Dry Cleaning |
| Strachan Eyecare Plus | Greythorn Fruitland | Balwyn Denture Clinic | Simms Metal Management |
| Southern Cross Chauffeur Drive | | Balwyn Sports (10% off store wide all year) | |





Strengthening your body in pre-season training

There are a variety of benefits for including strength work into your preseason football training.

Young football players often focus on the running, sprinting and cardiovascular demands of the sport in their preseason training and neglect the need and the performance benefits to be gained from increasing body strength.

A structured strength-training program can enhance your football performance and reduce your risk of injury. These are major benefits and a few guiding principles to strength training should be followed in order to impact on your football season.

Develop the stabilisers around your core

Strength in the core muscles or lumbar stabilisers is critical to ensure you have a solid base and foundation from which to move. This area provides the basis of support from which your arms and legs can generate strong movement. Without this strength your torso is like a small boat on water..... your foundation is weak and unstable!

Develop exceptional balance

The idea of balance in a strength training program may seem odd - but think about the best AFL players. Among their many physical attributes is their exceptional balance and ability to stay upright in situations where other players have fallen to the ground. A true test of your strength is how *strong* you are in *unbalanced* movements. This strength is more representative of sport so include balance related strength exercises in your program.

Correct your posture

The first step in strengthening your body is to improve your posture. Unless you carry your body in good alignment your muscles cannot possibly work or function at their best. Improving your posture requires both flexibility and strength exercises. This alone leads to significant gains in body strength. Poor alignment and posture is the leading cause of injuries in the general population. Correct this or become a statistic!

Train on one leg

Yes that's right – football is a sport that requires you to **always** push off and land on one leg at a time. So when you strengthen your body, do so by using only single leg stance exercises. In most cases with young adolescent players, using your own body weight will be more than enough to develop fantastic strength for the legs.

These principles of strength training are based on strong sports science. Improving your body mechanics and improving function is vital for being stronger and reducing your risk of injury. There is more to strength training than what you see in a normal weights room.

Should you be interested in further information about pre-season preparation please don't hesitate to drop into

Inspire Fitness for Wellbeing

or call Brendan on 9857 3007.

Brendan Rigby bach.app.sci (HM)
(hons.)

Inspire Fitness for Wellbeing

www.inspire-fitness.com.au

inspire
fitness for wellbeing



Make this Football season your Best Ever!

Prepare for your season under the expert guidance and friendly supervision of Strength and Conditioning experts at

Inspire Fitness for Wellbeing

'8 Week Pre-Season Football Conditioning Program'

Designed specifically to **enhance your football performance** and **reduce your risk of injury** by ensuring you are well prepared physically for the upcoming season.

Our team include former VIS and North Melbourne FC Strength and Conditioning Coaches

Program Includes:

- Individual Fitness and Injury Screening
- Tailored Exercise Program – including injury prevention exercises
- 1hour personal training session
- 8 weeks unlimited access to Inspire Fitness – open 7days per week
- Closely supervised and friendly training environment

Valued at \$167 (save \$50)

Contact Brendan at Inspire Fitness on **9857 3007**. Inspire have been proud supporters of Greythorn Falcons FC for the past 3 seasons. This package is available for players 14-17years of age.

Training programs and exercises are designed as age appropriate.

www.inspire-fitness.com.au



Under 15's Team with Surrey Park

After Registration our U15 Team had only attracted 15 registered players.

To allow our players to remain as a group and in order for them to enjoy the benefits of playing football and being part of a Team, the Club has decided to form a merged team with Surrey Park.

The Team at Surrey Park was in a similar position to ourselves and seeking a similar outcome.

We are happy to report that the Merged Team under Jimmy Fotinatos is now well and truly up and running.

The boys have agreed on a New Team name: "Surrey Greythorn Saints" They will be sporting the red and white of Greythorn and the black and white of Surrey Park. So if you see some of your friends wearing a St. Kilda jumper around the club, Yes - this is them! Jumper presentation is on 20th March.

The players you may not recognize will be the Surrey Park boys so make them welcome and we wish them a great season ahead!

Team Coaches and Managers

Thanks to all the following parents and volunteers for standing up to contribute this year:

With pre-season training now underway and the season proper starting next month here are your team Contacts:

Tackers 1	Coach	Scott Burmeister	0434 000 708	scott@essentialelements.com.au
	Team Manager	Lou Chable	0412 699 276	ursulamccoy@optusnet.com.au
Tackers 2	Coach	Brian Karalus	0407 366 530	bjkaralus@hotmail.com
	Team Manager	Jane Deane	0401 610 055	j.deane@bigpond.net.au
U10s	Coach	Greg Feutrill	0413447013	mfeutrill@bigpond.net.au
	Team Manager	Jenny Exell	0412 273 910	jexell@bigpond.com.au
U11s	Coaching team	Taylor/Streader	0405 292 474	jeets.taylor@yahoo.com.au
	Team Manager	Julie Willett	0413 013 758	jumpingjuls@bigpond.com
	Team Manager	Tanya Taylor	0414 636 907	jeets_taylor@yahoo.com.au
U12s	Coach	Richard Macafee	0419 391 758	richard@macafee.com.au
	Team Manager	Jenelle Kent	0418 688 824	kentj@bigpond.net.au
U13s	Coach	John Verbi	0411 468 461	jverbi@bigpond.net.au
	Team Manager	Beth De Carne	0407 008 566	versusd@bigpond.com
U14s	Coach	Phil Alessi	0451 518 922	philipalessi@bigpond.com
	Team Manager	Ian Smith	0408 125 242	iansmi@dodo.com.au
U15s	Coach	Jimmy Fotinatos	0438 075 459	jimmyrt265@hotmail.com
	Team Manager	Robyn Hrbek	0412 279 558	tba
Colts1	Coach	Alan Mitchell	0412 400 848	mitpar@bigpond.net.au
	Team Manager	Karen Dickson	0409 250 543	gglydeme@bigpond.net.au
Colts2	Coach	Bill Thiel	0428 770 796	bill.thiel@aanet.com.au
	Team Manager	Vanessa Houston	0419 401 876	vanessah6@bigpond.com

Editor's Note:

This Newsletter is about you—the players and parents of Greythorn Footy Club. We encourage you to submit articles and photos relevant to our Club for inclusion in the next Newsletter. The best player's submission receives a \$20.00 voucher to spend with your favourite Club sponsor.

Send your entries to: john@vha.com.au Have a Great season! - John Kapnias



FLETCHERS



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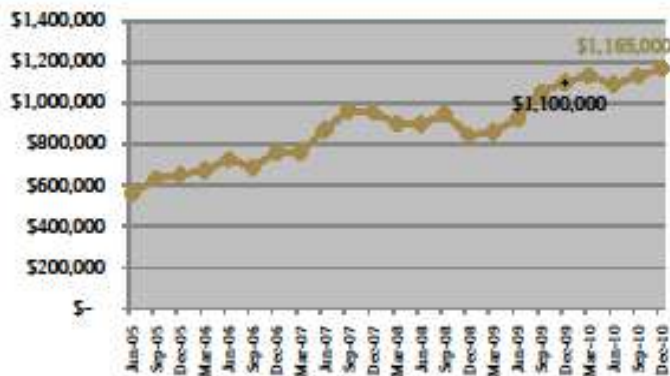
LOCAL PROPERTY NEWS

BALWYN NORTH- ANNUAL REVIEW

Dear Balwyn North Resident,

Welcome to the 2010 Review edition of Local Property News which provides you with an insight into the influences on you and your property, plus also provides you with information on some of the events happening in your community. The last 12 months has seen the most extraordinary growth in the housing market. As your local real estate area expert I am committed to providing you with information that paints a clearer picture of what to expect in your local market. I hope you enjoy reading this as much as I have enjoyed putting it together.

BALWYN NORTH- LOCAL OVERVIEW



Source: RIV (RIS) Median House Pricing Report December-2010

Belwyn North's median house price continues to reach record levels with a solid 3.1% growth in the December Quarter. The consistent growth in your suburb shows high buyer demand as the quarterly median price has grown 5.9% in the past year and over the longer term of 5 years the median house price has jumped an amazing 79.2%.

Properties sold in Balwyn North in 2010

313

Number of properties currently for sale in Balwyn North as at 21 February 2011

86 approx.

Highest sale price in Balwyn North

\$4,300,000

The median house price in Balwyn North

\$1,165,000

Streets with the most sales in 2010

Belmore Road

COMMUNITY NOTICE BOARD

Kew Traffic School Open Day

Friday 18 March 3.30pm - 6pm

Kew Traffic School

Corner Cotham and Grange Roads

Bookings essential on 9278 4762

Providing children with a great opportunity to experience the Kew Traffic School, other free activities on the day are: face painting, jumping castle, animal farm. BYO bikes and helmets (meeting Australian Standards) on the day. The Boroondara Lions Club will be serving up a sausage sizzle and drinks.

Mandarin/English Storytime

Friday 11 March 11am

Balwyn Library

336 Whitehorse Road

Contact 9278 4666 no need to book

Stories and songs in both Chinese (Mandarin) and English for children of all ages. The session lasts an hour.

Community Bike Skills Course

Sunday 20 March 10am - 3pm

Camberwell Council Office

8 Inglesby Road, Camberwell

Bookings essential on 9278 4542

Sustainable Transport Officer

Want to build your confidence to ride a bike? This free course will have small groups of 6 people or less and will be facilitated by Bikes at Work. A light lunch will be provided.

Alkira at the Movies

Thursday 14 April from 6pm

Palace Cinema, Balwyn

Launching an uplifting documentary "Abbey" and the pre-release of Red Dog, an inspiring new Australian film, this community event helps support the work done by Alkira in providing skills and services for adults with intellectual disabilities. Bookings essential by calling Bob Slater on 9890 1365 or 0418 317 057 www.alkira.org.au

fletchers.net.au



MARKET REVIEW - 2010

The Australian residential real estate market has performed incredibly in 2010 with our growth being the 2nd highest globally. This was even more evident in Melbourne where the REIV has indicated double digit price growth. The greatest growth was experienced in the first 2 quarters which was quickly slowed by the RBA's November interest rate increase and further financial pain was caused for home owners and buyers by the banks increasing their rates far in excess of the RBA indicator.

In the latter months of the year the number of homes on the market reached record levels with in excess of 1,000 auctions across Melbourne over three consecutive weeks. This high supply level and the influence of interest rate hikes reduced auction clearance rates in the last weeks of the year and created a more level market for both sellers and buyers. With strong demand still present, we found that most realistically priced properties continued to sell well.

The impact of a record Australian dollar and tighter controls put on foreign investment in residential real estate was expected to provide relief to Australian national buyers. However, we continue to see a large proportion of homes sold to foreign investors though they are not placing the upward pressure on prices as previously seen.

2010 certainly saw periods of fluctuation and as the year progressed price growth slowed following significant economic influences. We are continuing to see lifestyle trends such as sea changers, downsizers and 1-2 person living with a social life focus, so popularity of low maintenance, conveniently located units/apartments has soared breaking the age-old tradition of purchasing land.

MARKET UPDATE - 2011

2011 is expected to be a more stable marketplace with both selling and buying confidence continuing. The impact of promised new state government stamp duty relief for first home buyers should re-inject life into that sector of the market, however, the biggest influence on the market pricing will be RBA's position on interest rates. As the Australian economy continues to perform strongly most experts believe we will see two rate increases throughout the year which, as seen historically, will have had a negative reactionary influence on the residential property market.

Price growth over the past few years has been influenced by foreign investors and as the Australian dollar reaching 30 year highs the attractiveness of Australian investment may dissipate as returns are squeezed. It will be interesting to observe if this influence combined with the government's foreign investment rules has a negative impact, but we anticipate it will be far less than initially expected.

Property investors should continue to make attractive returns as housing demand increases due to population growth, and as housing affordability gets beyond the reach of many the demand on rental properties will continue to be high across all price sectors.

The impact of last year's interest rises and press about the softening housing market has no doubt created concern for sellers. This was expected to influence the amount of properties on the market in the first quarter of 2011, however, following the Christmas hiatus we are seeing a strong number of listings and associated buyer interest across all areas of our business. It appears the promise of a more equitable position for both buyers and sellers has ignited the market. We anticipate this will continue throughout most of 2011 but at much more realistic levels than those seen last year.

RECENT SALES IN BALWYNN NORTH

(Source: PDOL)

Address	BR	Land Size	Type	Price
Doncaster Road	5	1,012 sq m approx.	HOUSE	\$1,215,000
Thackray Street	3	610 sq m approx.	HOUSE	\$1,130,000
Stephens Street	2	1,010 sq m approx.	HOUSE	\$1,305,000
Hosken Street	2	1121 sq m approx.	HOUSE	\$1,291,000
Tuxen Street	2	652 sq m approx.	HOUSE	\$1,272,000
Viewhill Road	4	630 sq m approx.	HOUSE	\$1,413,000
Riverside Avenue	4	829 sq m approx.	HOUSE	\$1,830,000
Balwyn Road	4	615 sq m approx.	HOUSE	\$1,106,000



Doncaster Road



Thackray Street



Stephens Street



Hosken Street



Tuxen Street



Viewhill Road



Riverside Avenue



Balwyn Road

Commitment

Local Knowledge

Integrity

Quality Service



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61 Doncaster Road,
Balwyn North, 3104

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Email: info@fletchers.net.au
Web: www.fletchers.net.au

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