



On the Mark

**MANLY
BOMBERS**
J.A.F.C

From the President

Get ready for the **FIRST BOUNCE** of 2024!

Preseason has come and gone in a flash and now it's time for all the Bombers to SHINE!

We finished 2023 with some wonderful results; 700+ children playing footy from Auskick to U18s. 15 Bomber Teams made the finals with 5 Premierships; U11 Div1, U12 Div3, U13 Div3 Red, U14 YG Div1 and U15 Div3.

While winning is a bonus, the Club's focus is on creating a positive and inclusive space for all kids to grow in, providing an active environment for them to make new friends and enjoy themselves. A HUGE THANK YOU to all our coaches and team managers for making 2023 such a positive year for so many and we look forward to the season ahead.

2024 begins with some changes and challenges.

This season the AFLSJ has realigned the girl's competition to align with the boy's competition age groups. We will have girls' teams in the U9, U11, U13, U15 and U17 age groups.

The AFLSJ and our Club are focusing on increased participation rates and enjoyment levels in girls football this season and into the coming years.

The other big change for 2024 is the commencement of the Northern Beaches Wolves Alliance in the U15s and U17s age groups. The Alliance is a partnership between the Wolves (senior club) and the junior clubs on the northern beaches (Balgowlah, Forest, Manly and Pittwater) providing a pathway for talented individuals to develop at the highest level of junior football.

Operationally, the Alliance has its challenges, and the impact on the distribution of numbers across Div2 and Div3 football has been complicated. We are tirelessly working to resolve each of the new challenges as they arise. Should anyone have any questions or concerns please feel free to reach out to me directly.

Ground access continues to be a major restraint for AFL on the Northern Beaches.

THANK YOU to all those who have supported the Club's push for lights on Freshwater Campus, we will update you on the results in the coming months. **GOOD NEWS** for the Frank Grey and Mike Pawley facilities, the Northern Beaches Council has just signed off on a \$1 million dollar upgrade of the amenities block which will see a complete revamp of the space. This will provide us with 4 change rooms for males and females along with upgraded storage and a small canteen facility. The upgrade will commence at the end of season and be complete for the 2025 footy season. Thanks to John Ferguson and the team at Club Weldon who have worked hard to get a positive result for the Club.

Weldon Oval is looking picture perfect and will be handed over by cricket to the Bombers on Monday 25th March. This will see the commencement of our regular season training schedule and Round 1 on 7th April.

Look forward to seeing you down at the ground.

James Carroll

2024 Committee

Our Committee members have been working tirelessly over the last several months to ensure the success of the 2024 season.



Front L-R: James Carroll, Sue Sellar, Tracy Redwood, Bonnie-Jean Newman, Arron Grierson
Back L-R: Simon Carlyon, Mike Birley, Nicola Jamieson, John Ferguson, Andrew Cross, Ryan Morris
Absent: Duncan Schieb, Gareth Newman, Katrina Salisbury, James Gleeson

In this day and age, where time is a precious commodity, we thank our volunteer Committee members for the generous donation of their time and expertise, and continued dedication to the Manly Bombers. Our Club is very lucky to have their leadership and support.

President – James Carroll

Vice President – John Ferguson

Secretary – Sue Sellar

Treasurer – Ryan Morris

Registrar – Bonnie-Jean Newman

VP of Coaching – Simon Carlyon

VP of Operations – Andrew Cross

VP of Auskick – Duncan Schieb

Coaching Development Coordinator
– Gareth Newman

Team Managers Coordinators
– Mike Birley and Tracy Redwood

Junior Girls Coordinator
– Katrina Salisbury

Junior Boys Coordinator
– James Gleeson

Communications Coordinator
– Nicola Jamieson

Canteen Manager – Arron Grierson

Positions Vacant

We have several vacant positions at the Club, and we'd love them to be filled!

If you or your child are interested in either of the positions below, please contact our Secretary, Sue Sellar, at secretary@manlybombers.com.au.

Merchandise Coordinator

The Merchandise Coordinator role involves taking delivery of stock and monitoring supply levels. The Coordinator will keep track of orders, assist during pre-season merchandise collection and deliver late orders to the canteen for collection.

Canteen Assistants

We are looking for 6 – 8 teenagers, with a minimum age of 14, to serve in the canteen this season. Working 4 hour shifts (either 8:30am – 12:30pm or 12:30pm – 4:30pm) the Canteen Assistants will be required to serve customers and assist the Canteen Manager with food preparation. They will be paid \$15 per hour.

Merchandise Collection

We will be holding several merchandise collection dates in the lead up to Round 1. Order new Bombers merchandise online and bring your confirmation to the Weldon Oval Clubhouse to collect your gear on the following dates:

- Monday 25th March 5pm – 6:30pm
- Tuesday 2nd April 5pm – 6:30pm
- Wednesday 3rd April 5pm – 6:30pm
- Thursday 4th April 5pm – 6:30pm
- Friday 5th April 5pm – 6:30pm

No cash sales will be available, although there will be eftpos facilities for purchasing on the day.

Please also bring your pre-loved boots, shorts and socks along for a gear swap. Items must still be in good condition and are able to be donated or swapped for other secondhand items.

Girls Footy



Following on from a great season in 2023, we are excited for another year of growth in our girls' footy program.

Welcome back to all our fabulous parents and players who are set to play again, and a very warm welcome to all our new girls who have joined the Bombers for their first season!

There are teams fielded in each age group, from U9 to U17, and we're hopeful of two teams again in the U15 division, so room there if anyone would still like to register. Please pass the word around!

Thank you to all the dedicated coaches and managers who have put their hands up to volunteer - the Club is so appreciative of all your efforts, and we look forward to supporting you in every way we can.

We'll be spotlighting our coaches throughout the season, so keep an eye out on our socials! Enjoy the preseason footy sessions and Go Girls!!

Katrina Salisbury



Coaching Report

It's fantastic to have footy back and I'm looking forward to another great year ahead at the Manly Bombers.

Our Club runs on volunteers, and we have a great bunch of volunteer coaches supporting our kids in learning this great game, with many of our coaches returning from last year. The Club appreciates the time and effort that goes into coaching one of our teams, and I want to thank all of our coaches in advance of the season's start for their contribution to the success of this Club.

The Manly Bombers will have an involvement in 30 teams playing in Sydney junior competitions across the U9 - U17 age groups, including participation in the inaugural Northern Beaches Wolves Alliance Div1 teams for U15s and U17s. This is an amazing number of teams, and we are very proud to have teams across every age group in both boys and girls competitions - in most instances 2-3 per age group.

We had our first coaches' session on Wednesday 13th March, where we ran our coaches through how to run a training drill, our newly released grading policy and the importance of communication with the team/ age group, where WhatsApp has become a necessary tool.

Our coaching philosophy at the Manly Bombers is 3D Footy, where we want our kids to be:

Delighted - footy is fun and we'll make sure this guides what we do;

Developed - whether footy is social or serious for our kids, they'll all get a chance to improve; and

Devoted - team sports are a great way to learn life lessons and together, we can all "See the Bombers fly up!"

Our pre-season training is coming to an end and our regular season training slots commence from Monday 25th March, with our teams spread across Weldon and Old Reub Hudson. Grounds with lights are in short supply and while we hope to have lights on Freshwater Campus in future to provide more options, we have managed to accommodate each team.

The first round of games is on Sunday 7th April, and we look forward to preparing the teams over the next few weeks in readiness for this. Go Bombers!

Simon Carlyon

Upcoming Events

Monday 25th March

Junior/youth teams merchandise collection and gear swap

Wednesday 3rd April:

Auskick 'Welcome to Weldon' come and try afternoon, and jersey collection

2nd - 5th April

Junior/youth teams merchandise collection and gear swap

Sunday 7th April

Round 1

Monday 8th April

Regular season training commences

Wednesday 10th April

Auskick jersey collection

Sunday 28th April

ANZAC Day Round and Auskick commences

Sunday 12th May

Mother's Day at the Footy

Sunday 26th May

Indigenous Round

Saturday 29th June

Bombers Trivia Night – save the date! More details to come.

See on the right for further information relating to fixture dates and holidays.

Stay up to date!

Follow our Manly Bombers and Manly Bombers Auskick Instagram and Facebook pages.

We'll post all upcoming events, sponsor's deals and discounts, as well as photos from each round throughout the season.

Visit www.manlybombers.com.au



You can also check us out on social media:

www.facebook.com/manlybombersAFC

www.instagram.com/manlybombers/

GO BOMBERS!

2024 AFL SYDNEY JUNIORS KEY DATES

| Easter Holidays | June Long Weekend | July School Holidays |
|--|----------------------------|---|
| 12th - 14th April School Holiday Playing Numbers | 7th - 9th June NO GAMES | 5th - 7th July NO GAMES |
| 19th - 21st April NO GAMES | | 12th - 14th July NO GAMES |
| 26th - 28th April School Holiday Playing Numbers | | 19th - 21st July School Holiday Playing Numbers |

2024 FINALS SERIES

18 AUGUST
SEMI FINALS

25 AUGUST
PRELIMINARY FINALS

26 AUGUST
PRESENTATION NIGHT

1 SEPTEMBER
GRAND FINALS

2024 AFL SYDNEY JUNIORS FIXTURE

| | | | |
|------------------------------|-------------------------------|--------------------------------|------------------------------|
| ROUND 1 Sunday 7th April | ROUND 2 Sunday 14th April | ROUND 3 Sunday 28th April | ROUND 4 Sunday 5th May |
| ROUND 5 Sunday 12th May | ROUND 6 Sunday 19th May | ROUND 7 Sunday 26th May | ROUND 8 Sunday 2nd June |
| ROUND 9 Sunday 16th June | ROUND 10 Sunday 23rd June | ROUND 11 Sunday 30th June | ROUND 12 Sunday 21st July |
| ROUND 13 Sunday 28th July | ROUND 14 Sunday 4th August | ROUND 15 Sunday 11th August | |

2024 FINALS SERIES

18 AUGUST
SEMI FINALS

25 AUGUST
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1 SEPTEMBER
GRAND FINALS

Welcome to another season of Auskick!

This is my fourth year with the Auskick program and second as Coordinator.

Last season was a resounding success, as we witnessed our young Auskickers develop their skills, confidence and friendships.

We have been busy planning another wonderful season and are looking forward to seeing so many familiar faces returning to the field. Welcome to all the new Auskick families, I am excited to get to know you and your children as they commence their footy journey.

We're excited to announce our 'Welcome to Weldon' event, scheduled for 3rd April from 4:00pm to 5:00pm. This is a fantastic opportunity for all participants to try out Auskick, get to know each other, and for parents to learn more. There will be a sausage sizzle following the session, and registered Auskickers will be able to collect their playing jersey in preparation for the commencement of the season.

There is no cut-off date for Auskick registrations, and we welcome new players throughout the season.



If you have any interested family members or friends, please bring them to our Welcome to Weldon event, or any of our Sunday morning sessions. They are most welcome to join us and experience the fun and enjoyment of Auskick.

I look forward to seeing you all in a few weeks time at Weldon Oval, and then on Sunday 28th April for our first session.

Duncan Schieb

Be social with Bombers photos

The Manly Bombers club loves nothing more than seeing our players in action.

So if you take any great photos, please send them to admin@manlybombers.com.au as we will be posting photos following each round.

Be sure you have the approval of anyone pictured before emailing through.

We look forward to seeing your pictures of an action packed season.



Concussion Management in Junior AFL

Concussion injury in sport has become a highly topical subject in recent times as research has helped us understand the potential long-term effects of a concussion injury, and in particular, a recurrent concussion injury.

Please read below for an overview on how concussion injuries will be managed in Junior AFL (5-17 years).

What is a concussion injury?

Concussion is caused by trauma to the brain usually from a collision with another player or the ground. When the forces transmitted to the brain are high enough, they can injure or "stun" the nerves and affect the way in which the brain functions. Concussion is characterised by a range of observable signs such as lying motionless on the ground, a blank or vacant look, balance difficulties or motor incoordination, or symptoms reported by the player such as headache, blurred vision, dizziness, nausea, balance problems, fatigue and feeling "not quite right".

Other common features of concussion include confusion, memory loss and reduced ability to think clearly and process information. It is important to note that loss of consciousness is seen in only 10-20% of cases of concussion in Australian football. That is, the player does not have to lose consciousness to have a concussion.

The effects of concussion evolve or change over time. Whilst in most cases symptoms improve, in some cases effects can worsen in the few hours after the initial injury. It is important that a player suspected of sustaining concussion be monitored for worsening effects and be assessed by a medical practitioner as soon as possible after the injury.

How is a concussion injury managed?

It is paramount that the brain tissue and nerves are allowed a period of time to settle down until the signs and symptoms have settled. The player is then gradually exposed to exercise and football in a graded way while monitoring their signs and symptoms. The risk of complication is likely to be elevated if the player returns to football without a resolution of their symptoms.

The important steps for return to play following concussion include:

1. Rest
2. Recovery – symptom-limited activity
3. Graded loading program with monitoring
4. Clearance by a medical practitioner experienced in concussion management

In general, a child is not to return to football or other sport until they have successfully returned to school and learning, are symptom-free and have received medical clearance.

However early introduction of limited physical activity is appropriate as long as symptoms do not worsen.

It is reasonable for a child to miss a day or two of school after concussion but extended absence from school is uncommon.

The earliest that a player may return to play once they have successfully completed a graded loading program and they have obtained medical clearance is on the 12th day after the day on which the concussion was suffered.

What do we do at the Manly Bombers?

If a player is identified as having a concussion injury they will be removed from the field of play and will not return. The player will then attend the Monday Night Injury Clinic for Bombers and Wolves players at SquareOne Physio (374 Sydney Road, Balgowlah).

This triage and assessment clinic is free of charge and is held at 6pm on a Monday evening over the football season.

The player will be assessed and managed as per the [AFL Concussion guidelines](#).

Onward referral to a Sports Doctor may be part of the player's management if deemed necessary or severity indicates.

Campbell Hanson

SquareOne Physiotherapy

Thank you to our Sponsors

The Manly Bombers would like to recognise our loyal sponsors, who support our children's development and allow the Club to grow and thrive.

We would like to thank our sponsors for their continued and invaluable support of our Club. Their generous contributions ensure the success of our grassroots organisation, enabling our children to seamlessly have fun, develop life skills, and enhance health and fitness through AFL.

It is important that the Bombers members reciprocate this commitment and utilise the services of those organisations supporting our Club. For more information regarding each of our sponsors, please visit our [website](#).

We would like to welcome Brookvale Nissan on board as a new sponsor in 2024. Thank you to Christian and his team for providing the new Club polo shirts for our coaches and team managers.



Thank you to Mike Pawley for donating a large number of Sherrin footballs to our Club. Mike is a staunch supporter of community sport on the Northern Beaches, and a proud sponsor of the Manly Bombers.

Please support our local sponsor and visit Mike Pawley Sports to purchase your new footy boots, joggers or sporting equipment.

Manly Bombers thank the following sponsors and partners for their continued support throughout the season.



HARBORD HOTEL



BROOKVALE NISSAN

prodeuce

Design | Print | Display

APRIL HOLIDAY CAMP

NORTHERN BEACHES
Weldon oval - Curl Curl
April 23&24

NORTH SHORE
Acron oval - St Ives
April 16&17

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