



# AVONDALE HEIGHTS FOOTBALL CLUB



WE'RE THE HEIGHTS



# AVONDALE HEIGHTS FOOTBALL CLUB



**SIDE BY SIDE**



**WE'RE THE HEIGHTS!**



**GROUND LIGHTING**



**EXCELLENT SPORTS PAVILION**



**GIRLS YOUTH TEAMS**



# AVONDALE HEIGHTS FOOTBALL CLUB



**FIRST TEAM - 1966**

**Under 15's**

We have come a long way in 50 years. We thank our forefathers for establishing our club and all of the volunteers over the years who have played a part in forging the way in making our club a leading club in the Essendon District Football League



# AVONDALE HEIGHTS FOOTBALL CLUB



## Our Club

- Club Established in 1965
- Rich history in EDFL
- Only AFL Gold Accredited club in EDFL
- Relocated from Doyle Street to Canning Reserve in 1976
- Major Facilities Upgrade in 2011
- Ground lighting Upgrade in 2014
- 40 Club Premierships
- Home club of AFL players including Matthew Lloyd



# AVONDALE HEIGHTS FOOTBALL CLUB



## AFL Gold Accreditation

- Only AFL Gold Accredited club in EDFL
- One of only three Gold Accredited Club's from 1200 Victorian clubs
- Only Senior/Junior Gold Accredited club in Victoria
- Gold level recognises exceptional club administration.
- Gold level clubs are Community Leaders
- Accredited Coaches
- Accredited Sports Trainers and First Aid
- Education Programs and Club Policies
- Community Partnerships





# AVONDALE HEIGHTS FOOTBALL CLUB



## Season 2018

- Eleven Teams with a total of 250 players
- Strathmore Community Bank Premier Division Senior Team
- Premier Division Reserve Team. Premier Division Under 19's Team
- Under 17's team
- Under 15's team
- Under 13's team
- Under 11's teams
- Auskick and Under 9's team
- Girls U15 team





# AVONDALE HEIGHTS FOOTBALL CLUB



## Achievements 2017

- Avondale Heights Junior Players in EDFL representative teams
- EDFL Division Best and Fairest Winners
- EDFL Junior Finalists in 2017
- First ever girls youth team at U15 level made finals





# AVONDALE HEIGHTS FOOTBALL CLUB



## Club Mission Statement

- Teach, motivate, encourage & advise players, emphasising discipline, fitness & sportsmanship
- Develop player skills and coordination in a friendly atmosphere promoting self-confidence and resilience.
- Provide an environment for players to socialise and communicate with their peers, giving players a sense of self esteem, independence and the ability to confront challenges.
- Strive to be a friendly, family orientated club for players and their parent/guardians.
- Create an environment that treats its players, coaches, officials and umpires with dignity and respect.
- Develop and manage the Avondale Heights Football Club to ensure it continues to be a well respected and successful club in the Essendon District Football League.





# AVONDALE HEIGHTS FOOTBALL CLUB



## Parent & Family Participation

- Coach
- Team Manager
- Runner
- Assistant Coach
- Water Carriers
- Sports Trainer / First Aid
- Goal Umpire
- Umpire Escort
- Match Day Official
- Boundary Umpire
- Time Keeper
- Game Day Set-up and Clean-Up





# AVONDALE HEIGHTS FOOTBALL CLUB



## Player Uniform

### *Free to all players on loan*

- Avondale Heights Football Club Jumper

### *The following is available for purchase from club*

- Navy shorts (home games)
- White Shorts (away games)
- Team socks

### *The following is available from sports stores*

- Mouth guard (Smart Choice Dental)
- Football Boots





# AVONDALE HEIGHTS FOOTBALL CLUB



## Game Day and Training Nights

### PLAYING

- All games played on Sundays
- Season starts on 8 April 2018
- 14 rounds plus 3-4 weeks of finals

### TRAINING

- U9's and U15 Girls -Fridays 5:00-6:00 pm
- U11's and U13's Wednesdays and Fridays 5:00 - 6:00 pm
- U15's and U17's Wednesdays and Fridays 6:00 - 7:15 pm

**AUSKICK PROGRAM** Friday Nights 5:00 - 6:00 pm





# AVONDALE HEIGHTS FOOTBALL CLUB



## Under 11's & Under 9's

### UNDER 11'S

- 15 minute Quarters
- Minimum game time (3 Quarters)
- No kicking off the ground
- Tacking is allowed
- One Bounce Maximum
- 10 metre distance for mark
- AHFC Jumper provided



### UNDER 9'S

- 12 minute quarters
- 12-15 players per side
- Reduced ground size used
- Sunday mornings before U11's
- Modified Tackling
- One Bounce maximum
- No minimum distance for marks
- No scoring and no ladder
- AHFC Jumper provided



# AVONDALE HEIGHTS FOOTBALL CLUB



## Avondale Heights Auskick

- The Avondale Heights Auskick is one of the original Auskick Programs.
- The clinic has a proud history and is where former Essendon captain and champion Matthew Lloyd started playing footy.
- Auskick provides boys and girls from age of 5 to 12 years with a fun and safe Australian Football experience that serves as an introduction to a lifetime of involvement in the game.
- The program is not just about introducing children to Australian Football – it activates and develops within each child the desire for a healthy lifestyle and an association with our great game.
- Our AUSKICK program will operate at Canning Reserve on Friday Nights between 5:00 pm and 6:00 pm. Under Lights.





# AVONDALE HEIGHTS FOOTBALL CLUB



**We're the Heights**





# AVONDALE HEIGHTS FOOTBALL CLUB



## Heights Social Events

- Season Launch and Jumper Presentation
- Match day experience for Auskick, U9's and U11's
- Friday Night Meals for players and Families
- Team Activity Nights (pictures, bowling etc.)
- Trivia Night
- Club Special Event
- Club Annual Ball
- Junior Presentation Day and Carnival



# AVONDALE HEIGHTS FOOTBALL CLUB



## Your Team for 2018

YEAR OF BIRTH	TEAM
2001-2002	Under 17
2003-2004	Under 15
2005-2006	Under 13
2007-2008	Under 11
Born before 30 April 2011 - 2009	Under 9
5 - 12 years of age in 2018	AUSKICK





# AVONDALE HEIGHTS FOOTBALL CLUB



## Stay in Touch



[www.ahfc.org.au](http://www.ahfc.org.au)



### AHFC Exclusive Team App

Go to the Apple App store or Google (Android) and download "Team App"  
Launch Team App and search for Avondale Heights Football Club.

Then:

1. Sign-up to Team App. You'll be sent an email to confirm your registration.
2. Search for your club's App and request access to group(s) that apply to you.

[secretary@ahfc.org.au](mailto:secretary@ahfc.org.au)



twitter



**@GoHeights**

Club Twitter account

[www.facebook.com/avondaleheightsfc](http://www.facebook.com/avondaleheightsfc)



like us on  
**facebook.**





# AVONDALE HEIGHTS FOOTBALL CLUB



## Come Join the Heights in 2018

### NOW

- Go to <http://www.ahfc.org.au/JUNIORS.aspx>
- Click **New Members Register Interest for 2018**
- Complete Expression of interest form and send to club to secure you place now



### JUNIOR REGISTRATION DAY

Missed Junior Registration Day ?

Players can still register at Canning Reserve

At any training night. **NEW PLAYERS WELCOME**





# AVONDALE HEIGHTS FOOTBALL CLUB



## Heights Club Song

WE'RE THE HEIGHTS  
WE'RE THE HEIGHTS  
WE'RE THE MIGHTY

AVONDALE HEIGHTS

WE'RE THE TEAM WITH THE BIG WHITE VEE  
AND WHEN WE'RE ON THE GROUND

WE'RE GREAT TO SEE

WHETHER THE'RE BIG OR

WHETHER THE'RE SMALL

WE DON'T CARE

WE GO RIGHT THROUGH THEM ALL

IF THEY'RE FAST, IF THEY'RE SLOW

WE DON'T CARE

WE DON'T GIVE THEM A SHOW

SO COME ON BOYS LET THEM SING

IT'S THE BIG WHITE V, THE BIG WHITE V, THE BIG WHITE V FOR VICTORY

