



Keilor Park NAB Auskick Centre Week 1 Fri 22nd March

KP AUSKICK 2019 is back,
but don't forget to register
<https://play.afl/auskick/2019-registration>

Season 22/03 – 2/08



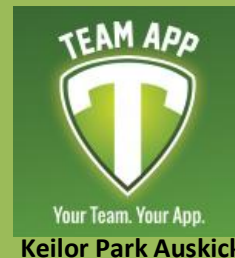
<http://www.keilorparkauskick.com.au>

AFL Development Manager – Shane Abdilla
AFL Area Supervisor – Mel West
Centre Coordinator – Peter McGrady
Level 1 Coach (4-6yo) – Peter McGrady
Level 2 Coach (7-8yo) – TBA
Level 3 Coach (U9's) – Daniel McGrady
Level 3 Coach (U9's) – Jai Villani
Treasurer – Ross Maranzano



BUNNINGS
warehouse

Taylors Lakes



Prepared by Peter McGrady
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Nab Auskick Coordinator for
Keilor Park Auskick Centre



Hi all,

Welcome to our weekly KP Auskick Newsletter that'll inform families of the fun activities planned for upcoming weeks. The newsletter is available on our website, teamapp & via email.

Welcome & Come n' try Dinner (Hotdog & chips)

Fri 29 March



Normally we have a welcome dinner and come n try night on the first week of Auskick. Unfortunately for this year, the junior football club have their jumper presentation on the same night and with the building works still in-progress it'll be a little too crazy to hold a welcome dinner as well.

So I'll provide all essential information at the beginning of Auskick on 22nd and hold our welcome (thank you & come n' try) dinner for kids in Week 2 in the club rooms. Week 2 will be everyone's chance to bring a friend as well to experience what Auskick is all about without the need to pre-register and they are also free to join in our free hotdog & chips dinner.

Help Needed – What can I do?

Volunteers are the driving force behind NAB AFL Auskick. Their role as coordinators, coaches and volunteers is fundamental to the success of the program. Every person involved in KP Auskick is a volunteer and the more we have the easier it is. And even better, no football background is required.

So please don't be shy, just walk up and ask, 'what can I do'. All activities are clearly communicated and planned each week. To be honest, it's just like playing in the backyard and having fun with you child.



Under 9's Information

Sunday 24th March 8:30am

To aid in the transition of children into competitive football, the Keilor Park Auskick program coordinates the Under 9 team that plays in the Essendon District Football League (EDFL), every Sunday morning at 8:30am. To play, your child needs to be born in either 2010, 2011 or 2012.

- **TRAINING:** Training requirements are incorporated into the Friday Auskick session, so no additional mid-week training is required.
- **RULES:** Modified to assist with the transition, which includes 1/3 size ground, no tackling, no scoring and just a bit of fun.
- **COSTS:** Only additional cost is for home and away shorts (\$30 each) and Socks (\$20), which when purchased together only cost \$70. See Peter McGrady anytime on or before 22/03.
- **FIXTURE:** <Stay tuned - not yet released by EDFL>



DATES TO REMEMBER

- Friday March 22nd – Jumper Presentation for all Under 9 players, directly after Auskick.
- Sunday March 24th @ 8:30am, Keilor Park – Practise match v Tullamarine
- Sunday March 31st @ 8:30am, Keilor Park – Practise match v St Francis
- Sunday April 7th @ 8:30am – First game of a 14 week season (fixture TBA)

THIS WEEKS ACTIVITIES

Auskick is broken into 3 levels. Each of our Levels is designed to support the individual skill level of a child. We start the children in levels based on age, then move them amongst different groups depending on their needs. Each activity lasts 10min each and a video explaining is available for each.

Click links to view videos

Level 1 (5:00-6:00pm)	Level 2 (5:00-6:00pm)	Level 3 (5:00-6:30pm)
Coaches: Peter McGrady Assistant: TBA	Coach: TBA Assistant: TBA	Coach: Daniel McGrady Assistant: Jai Villani
1. Around the World 2. Handball Hero 3. Ruckman's Treasurer 4. Here there everywhere 5. Grid Game 4 v 4	1. Grid Game 4 v 4 2. Sharks & islands 3. Handball Heroes 4. Ruckman's Treasure 5. Cool Kicks 6. Grid Game 4 v 4	1. Grid Game 4 v 4 2. Handball Heroes 3. Escape the Chaos 4. Cool Kicks 5. Sharks & islands 6. Grid Game 4 v 4
Kindergarten & Prep	Grade 1 & 2	Grade 3 & 4

There are 5 main skills we focus on at Auskick which you can practice at home. #1 is **KICKING**.

How to Kick a Footy

Teach NAB AFL Auskickers how to kick a football by following these simple steps!

1. Keep the ball vertical

Each Auskicker is to hold the ball vertically over their preferred kicking leg.

2. Point laces forward

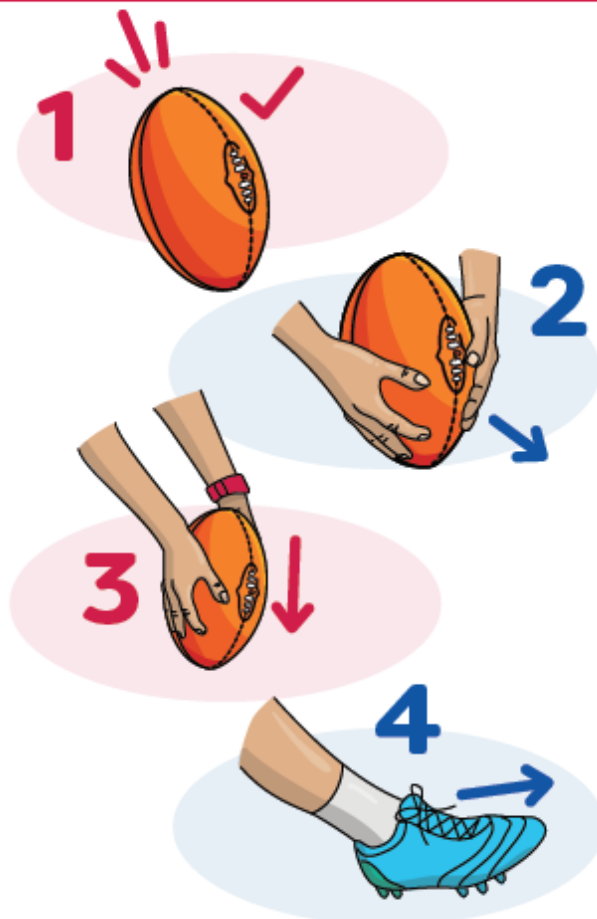
Ask each Auskicker to grip the ball loosely using both hands, with laces facing outward.

3. Relax arms

Ask Auskickers to relax their arms and then guide the ball down with one hand over their preferred kicking leg.

4. Point toes

Auskickers are to bring their foot towards the ball, whilst pointing their toes. The aim is to hit the ball with their shoelaces, remembering to follow through.



OUR SCHEDULE so far..

2019 KEILOR PARK



January

Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February

Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March

Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June

Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August

Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September

Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October

Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November

Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

	Sun Feb 24	Bunnings BBQ Fundraiser
Week 1	Fri Mar 22	Information & Auskick Session
Week 2	Fri Mar 29	Free Welcome Dinner + Come n try day
Week 3	Fri Apr 05	
Week 4	Fri Apr 12	
Week 5	Fri Apr 19	NO AUSKICK - GOOD FRIDAY
Week 6	Fri Apr 26	
Week 7	Fri May 03	
Week 8	Fri May 10	Mothers Day Kicking Competition
Week 9	Fri May 17	Footy Card Photo Night
Week 10	Fri May 24	
Week 11	Fri May 31	
Week 12	Fri Jun 07	NO AUSKICK (Queens Birthday)
Week 13	Fri Jun 14	
Week 14	Fri Jun 21	FREE McHappy Meals Night @ KP
Week 15	Fri Jun 28	
Week 16	Fri Jul 05	
Week 17	Fri Jul 12	Footy Banner Preparation (Parents)
Week 18	Fri Jul 19	Preparation for Sun 21st July AFL Grid <i>Round 18: St.Kilda v Bulldogs @ Marvel</i>
Week 19	Fri Jul 26	Parents v Kids annual Footy Match
Week 20	Fri Aug 02	FREE Presentation Night @ Kealba Hotel

