



# Keilor Park NAB Auskick Centre Week 2 Fri 29<sup>th</sup> March

## Come n try week – It’s FREE

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

Season 22/03 – 2/08



**Congratulations** on our Under 9’s team, especially all our first timers -

- First time coach Daniel
- First time assistant Jai
- First time players Milla, Thomas & Jacob
- First goal Milla & Thomas



<https://play.afl/auskick/2019-registration>

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,

Congratulations, you all made it through week 1. This week is an opportunity to introduce a friend to Auskick (no commitment – just have a look) and then enjoy a free hotdog and chips inside our club rooms. It's also a chance for our coaches to answer any questions about the season and get to know all the families a little better. Last week we didn't really encourage parent participation, as we wanted to see how the kids went without mum & dad by their side. Now we've got a good feel for where the kid's level of maturity is at, we'll welcome any assistance on the ground.

### Welcome Dinner (FREE Hotdog & chips)

Friday 29 March 6:00pm



This is our way of saying thank you for joining KP Auskick. It's also a chance to talk with parents whilst the children eat and relax.

The canteen is also open from 6:00pm selling adult size meals plus they also have a footy snack version for the kids. You can also kick back for a quiet wine after a long week.

### Come n try week – It's FREE

Friday 29 March 5:00pm

Now we are over the week 1 teething issues, it's now the perfect time to introduce your friends and families to our program, in our come n try day. No registration required for new auskickers to just come and try for a couple of weeks. Of course if they enjoy the experience, they'd be expected to register (\$96), but let's make sure they enjoy it first.

Come'n Try

### Under 9's Information – Practice Match

Sunday 31 March 8:30am

Our final practice match is on Sunday against St Francis, at home. The practice match is a great opportunity for kids to come along and have a look and see if they are interested in playing. 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.
- **UMPIRES:** Peter McGrady umpires the games, so the minimum contact rules are enforced and every child is given a chance to kickout, contest a ruck and play forward, mid and back.



### Essendon Football Club – FREE Auskick Superclinic

Monday 8<sup>th</sup> April

Each year, the Essendon Football Club host an Auskick Superclinic for all the local Auskick Centres. The clinic is run by the Essendon players and coaching staff at 'The Hangar', 275 Melrose Drive, Melbourne Airport. The clinic is free, but you must register - <https://www.surveymonkey.com/r/WSYB7DR>. Registration close 3rd April.

*\*\* Due to safety reasons, only children will be allowed on the oval. Parents can watch from boundary, so you're not too far from the action \*\**



### DATES TO REMEMBER

- Sunday March 31st @ 8:30am, Keilor Park– U9 Practice match v St Francis (be at ground by 8:00am)
- Sunday April 7th @ 8:30am – First U9 game of a 14 week season (fixture TBA)
- Monday April 8<sup>th</sup> @ 9:00am-10:30am, Essendon Football Club Superclinic

## 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)
<b>Coaches:</b> Peter McGrady <b>Assistant:</b> TBA		<b>Coach:</b> Daniel McGrady <b>Assistant:</b> Jai Villani
1. <a href="#">Footy Ninja</a> 2. <a href="#">Super Boot</a> 3. <a href="#">Ruckman's Treasurer</a> 4. <a href="#">Here there everywhere</a> 5. <a href="#">Grid Game 4 v 4</a>	We may re-introduce a level 2 (intermediate) depending how the grade 1 & 2's handle their respective level 1 and 2 groups.	1. <a href="#">Grid Game 4 v 4</a> 2. <a href="#">Island to Island</a> 3. <a href="#">Goalie</a> 4. <a href="#">Mad Marks</a> 5. <a href="#">Frozen Feet</a> 6. <a href="#">Grid Game 4 v 4</a>
<b>Kindergarten, Prep &amp; 1</b>	<b>Grade 1 &amp; 2</b>	<b>Grade 2, 3 &amp; 4</b>

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

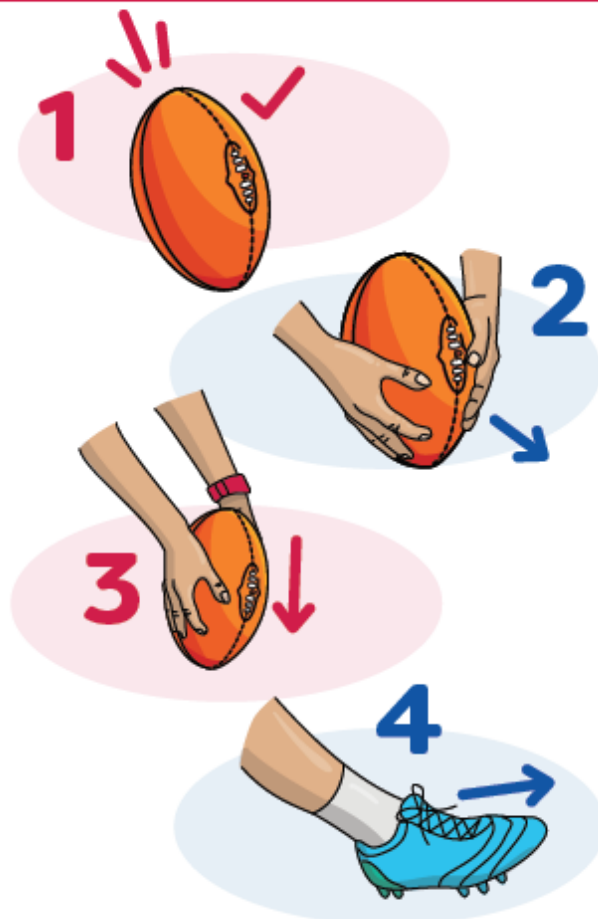
Ask each Auskicker to grip the ball loosely using both hands, with laces facing outward.

### 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

