



FALCON FAMILY NEWS

Friday 9th September, 2011

To All Falcon Supporters...

HERE WE GO AGAIN!

Another 15 year first. Both our A's and B's are into the second week of a finals series.

And they go into their games with the clear knowledge that their best footy is more than good enough to win.

If the A's didn't know it already then they clearly learned it last Sunday. Their best footy is very good.

And the B's have known it all year and having dusted off their finals cobwebs last weekend will come out firing on Saturday and play that fast, free running, attacking style of team footy that excites the crowd...and especially excites the Falcon supporters who I expect to be at both games in droves on the weekend.

Get Involved

We've proven "STRONG & UNITED" works...and isn't that a great Club creed to have. I love being part of a Club that gets it's success from being strong and united. It's a noble quality...and it's a powerful one.

So if you want to make a difference this finals series...jump into the car Saturday or Sunday or preferably both...load in the kids, mum and dad, the neighbours, the rellies, the cat, the dog and the goldfish...and head down to watch...

... **the Falcon "B" GRADE at Pt Noarlunga on Saturday from 12.50pm**

... **and the Falcon "A" GRADE at Aldinga on Sunday from 2.30pm**

Again we'd love to see Junior and Sub Junior players and their families coming along as well past players, sponsors and all supporters. This just doesn't happen with other Clubs. It sets us apart. Wear your Club colours...congregate in 1 or 2 big groups...and make plenty of loud, positive noise.

Set Our Standard

Please make sure we're behind the fence at all times in all areas of the ground. The League are hot on

this and I'd rather be doing the right thing than have them telling us to move. If some people forget someone take responsibility to remind them.

Remember we're representing our Club at all times and whatever we say and do sends out a message about our Club (positive or negative).

Our reputation is important to us so make sure the message we send out is a positive and powerful one at all times. We have set a high standard this year in this area so like everything else let's take that to a new level during this final series.

I love hearing the opposition carry on about umpires and scream out stupid comments and generally just making geeses (or is that geese) of themselves...and then I'll listen to our crowd and it'll be twice as loud with lots of positive encouragement for our own players and very little inappropriate or stupid comments aimed at umpires or opposition.

QUOTE OF THE WEEK

"He who spends time regretting the past, loses the present and risks the future"

If you make a mistake on the weekend, forget about it immediately...within a split second...and move on. It's always about the next moment not the last.

It amazes me that some Clubs will say things that put umpires off side. All it can possibly do is penalize your team and make the teams job harder. Umpires hear abuse and despite what they might tell you it does influence their decisions. To me it's counterproductive and therefore just plain dumb getting stuck into the umps. It's a one percenter within our control.

It's a one percenter within our control.

Draw Strength & Confidence From Last Week

Everything I reinforced to our players last week applies doubly this week...

1. You've created the opportunity now seize it with both hands and don't let go of it no matter what the opposition throws at you
2. The secret to getting the outcome you want is to focus on the moment...your next action on the field...not the end result. Don't even think about the result until the final siren sounds. It's all about the moment...your next decision...your next action. Focus on that and you'll relieve the mental pressure you might put on yourself and play better footy as a result. Don't get anxious...get ex-

"Success through CLUB SPIRIT, CONSTANT IMPROVEMENT & JUNIOR DEVELOPMENT"

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cited. You'll have nervous energy so take control of it and transfer it into excitement not anxiety.

3. And lastly...NO REGRETS. Do everything you know you can do...and then take it to another level. You'll be amazed as you go through life, if you push yourself, that there are no limits...there are no boundaries. When you think you can't go any further...YOU CAN. When you think you can't get any better...YOU CAN. When you think it's impossible...IT'S NOT. Test this theory out on the weekend and you may be pleasantly surprised with the results.

MILESTONE GAMES

Just the one milestone this week so he can get a much bigger photo than normal.

Craig Langcake plays his 150th Club game comprising 104 junior games and 46 senior ones.

Langers will be lining up in the B's on Saturday and looking to use this experience to help his team mates to victory.



All the best mate and have a great day.

THIS WEEKS PRESENTATIONS

Presentations for both teams this week will be on **Sunday at 6.00pm** with a Yiros dinner.

PLUS we'll be getting together at the Club on **Saturday night from 6.00pm** with cheese platters and nibbles provided to celebrate the day, have a drink and watch the footy on the big screen

Everyone get there and stay tight.

MANY THANKS...AGAIN

I thanked a lot of people in the last Newsletter who helped us host the Sunday finals games over the last 2 Sundays and now I have a few more to thank, again reinforcing how we have so many people prepared to volunteer.

Thanks to **Elleanor Elder** (our Junior Footy Director who has done a magnificent job in her first year)...**Craig & Helen McMaster** (who always put their hand up)...to young **James Patterson** (part of the Patterson family who also constantly help out) who ran a boundary at a moments notice when the League couldn't provide one...and to the Silver Fox himself **Terry Taylor** who quietly goes about his work and springs up in places you would least expect (and in other places which are disturbingly predictable).

Thanks guys for helping to run the day, for presenting our Club in a positive light and for helping to raise important funds.

SENIOR PRESENTATION NIGHT

Our end of year Presentation night for the A's, B's, C's and U18's will be held on **Fri 7th October at the Golf Club**

Pricing will be the same as last year. \$40 is the set price but the club will subsidise the players as follows...

\$40 for General

\$35 for Senior Players (\$40 for partners)

\$30 for Under 18 players (\$40 for partners)

We have much to celebrate this year so let's pack out the Golf Club and give the season a rousing send off.

I'll be looking for a firm commitment from everyone about numbers within the next week or 2.

JUNIOR PRESENTATION DAY

Junior Presentation Day will be held on **Sunday, 16th October starting at 3.00pm at the Footy Club**...the last Sunday of the School Holidays.

Please come with a plate of finger food/nibbles to share. The bar will be open for drinks.

Junior Presentation Day is a great family day and we would love to have all players and their families attend.

The day includes a round by round Best & Fairest count for all Junior Teams and presentation of various player awards and trophies.

Presentation days for Seniors and Juniors is a little later this year due to the later finish to the season and then the long weekend...but they'll both definitely be worth waiting for.

100 CLUB

Only 29 out of 100 spots are left for the "100 Club"...not bad but we **MUST** fill these spots in the next week or two.

PAST PLAYERS...This is an ideal, relatively low cost way for you to support your Footy Club and our push for greater success. We need more and more funds to run our Club and get even better.

DETAILS...\$100 per ticket...only 100 tickets available...last ticket drawn wins \$2000...every ticket wins a day at the Strathmore Hotel with free drinks and finger food...on Sat, 15th October...contact Matt Green (m) 0404 024 749 or see Leigh O'Malley or Dave Kearsley for tickets.

These are the numbers we **MUST** sell..

28, 32, 34,37, 40, 42, 45, 52, 56, 58-61, 65, 68, 72, 74, 77-80, 82, 84, 86, 90, 93, 95, 96, 98

Get on board the Falcon express...everyone needs to play a role to contribute to our success.

THE WRAP

That's it...support our sponsors...enjoy the photos over the page (thanks to Rob Shannon) from last week's memorable A Grade game...and see you at the footy.

Brett Charlesworth...President FHFC

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"Catch me if you can." Matt Jose breaking the lines and running with the footy as only he can. Take 'em on on the weekend Josey and excite us with your speed.

"Only Falcons can fly this high!" Sam Smith (bottom left) once again takes to the stratosphere to get the crowd on it's feet and he's joined up there in those lofty heights by Anthony Browne (bottom right) displaying skill, strength and daring.



STRONG and **UNITED**



"What a way to celebrate!" Paul "The Rookie" Mellen found the perfect way to celebrate 100 Club games last weekend.

He played in the first A Grade finals win in 15 years and walked away with a best on ground performance. Not a bad day!

Now back it up in your 101st game mate and help your team mates to another win.

CONSTANT

RELENTLESS

PRESSURE



Forward line pressure with Sam Smith



Back line pressure with Paul Mellen & Leigh Ward



Midfield pressure with Buffy Heinrich

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