

SPARTANS NEWS



COACHES

We have already introduced the teams to their coach for the year and below you'll see a brief 'bio' on each of them.

We love our coaches! They volunteer their time to prepare for training sessions, train at the session and coach on game day. Each coach gives up a weekend to complete a special AFL coaching course. They are awesome and we thank them from the bottom of our Spartan hearts.

Under 10's Coach Michael Gervasi

Michael is a father of four who grew up in Melbourne where he followed and played AFL, before moving to the Gold Coast in 2004. His son Lincoln plays in the Spartans Under 10's.

Michael has worked with kids over a number of years as a swimming teacher, fitness instructor and martial arts instructor, and is now looking forward to helping the Spartans kids improve their AFL skills and have lots of fun.



April 2016

THE 2016 SEASON IS FINALLY HERE!

Coaching Co-ordinator & Super 6's Coach Dan Nimmo

Dan is a Mudgeeraba local with three children and owns the world renowned HIIT Fitness Gym in Varsity Lakes. Dan's young fella Ryley plays in the Spartans Super 6's.

Dan is the current captain of Surfers Paradise over 35's AFL club and is also a QLD and Australian representative in Masters AFL. You will find Dan at training running around providing assistance to each of the coaches across all age groups. You may also see him spending time one on one with individual players developing skills and enhancing players understanding of the game.



Super 6's Assistant Coach Matt Goodyer

Matt Goodyer is a father of two kids, Sasha and Boh. Originally from Tasmania, Matt has lived on the Gold Coast for 18 years and the last 6 years in Mudgeeraba.

Matt runs his own garden maintenance business and has always loved sport, especially football and cricket. His Wednesday nights are spent playing indoor cricket as a warm up to helping out the Spartans Super 6's on Thursday.



Super 8's Coach/ Assistant Guy Rutherford

Guy has lived on the Gold Coast for 15 years, always loved Mudgeeraba and have lived here for the last few years. He loves AFL and is proud to be a part of the new Spartans club as President.

Guy's son, Max, has been a Spartan since the club started and is now playing in the 10s. When not on the field Guy is a Dad to Emma and Max and a physiotherapist.



STOP PRESS!!!

**We've just had word we need a main 8s coach.
Please if you can help come see us at training.**

TRAINING

Every Thursday at 4:00pm

Training is every Thursday from 4:00pm-5:15pm at Sands Oval, Somerset College. Enter the School via Wyangan gate (off Somerset Drive) and park immediately on the right.

Weekly snags

From this week we will have the BBQ fired up at Thursday training sessions for those who might like to take the pressure off cooking dinner after training.

Sausages \$2.00

Drinks \$1.00

More items will be added to the menu as the season progresses.

UNIFORMS

This Thursday is the day!! Time for shirts, socks and shorts. We will distribute apparel to as many players as we can this week. This usually means parents have at least a few days off washing clothes as they tend to live in their new gear for a while.

FAMILY FUN BBQ

Shortly into the start of the season we will have a family BBQ one Saturday. This will be an opportunity to meet and chat to coaches and anyone else involved with running the club.

Stay tuned for more information.





Every parent who owns a smart phone needs our new Team App. This will answer every question you could want to answer from 'What's the next drill at training?' to 'What's for dinner?' and also 'Exactly how awesome are the Spartans?'

Ask someone in a Spartans shirt for an info sheet on that one or just search 'Team App' on the App Store or Google Play and look up 'Mudgeeraba Spartans' after you've got the app on your phone (If you still use a Nokia 2010 this doesn't apply to you). Be sure to request to be a player/parent to get notifications.

UPCOMING GAMES

Super 6's & 8's

Our Super 6s and 8s will be joining the weekly Friday night fun with other clubs soon. Stay tuned to Team App/ emails/Facebook for more info.

Under 10's

The first four rounds of fixtures for our Under 10 champs has been released.

Friday 15 April

7:00pm Vs Coomera
At Carrara

Saturday 23 April

Game 1: 9:00am Vs Southport
Game 2: 10:00am Vs Palm Beach Currumbin
At Southport

Saturday 30 April

8:00am Vs Pacific Pines
At Surfers

Saturday 7 May

9:00am Vs Palm Beach Currumbin
At Palm Beach

GET YOUR SPARTANS SUPPORTER GEAR

All the players look great in their full playing kit and plenty of comments have been made by onlookers about the great design of the outfit.

For any adults wishing to purchase apparel please email spartansjafc@gmail.com and we'll arrange your size to be at the next game or training session. The shirts are useful to help the kids know where the Spartans camp is on game day and are the perfect way to show your support for the Club.

Polo shirts \$50

Caps \$20

THANKS GLENN TOZER

Thank you to our awesome Division 9 Councillor Glenn Tozer for generously printing this newsletter and the use of his offices. The Spartans have been very fortunate to have the support of Glenn and his staff right from the very early days of the club.

CLUB CONTACTS

President: Guy Rutherford
Treasurer: Kylie Sherrington
Coaching Co-ordinators: Dan & Ray
U/10's: Michael
Super 8's: Guy
Super 6's: Dan & Matt

PO Box 345 Mudgeeraba Queensland 4213

Email: spartansjafc@gmail.com

Facebook:

<https://www.facebook.com/mudgeerabaspartans>

