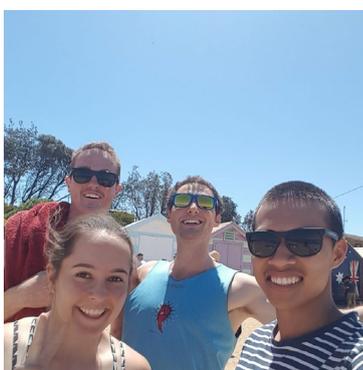
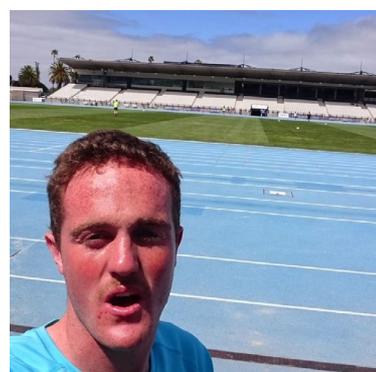




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Rig-spiration



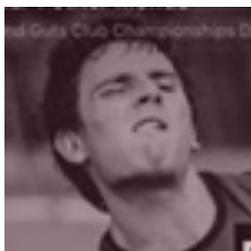
Read this. It's good for you.

From the committee



Treasurer

Reminder that if you would like to pay your fees early, any payments done before the end of November will receive 10% discount. If you would like to know more about this, please email katielock92@gmail.com



High performance

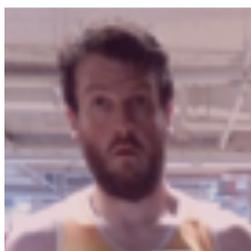
In the works of implementing the Mentoring program.
The boys: Selection event on the 25th and 26th of November at Ron Barrassi Park
The girls: Selection event on the 25th of November at Warner Reserve, Ashburton, followed by a picnic.



Womens

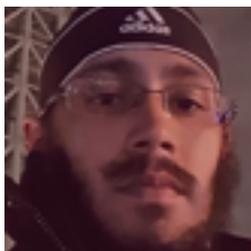
Women's League has been a fantastic success, with many new gurlz ripping up the frisbee field. Each week we have been coached by amazing Victorian coaches including HOS's very own Brendan and Seb. Thanks to all club members who have helped out and supported the league.

In other news Inferno is still seeking interest from any coaches who would love to be a part of da gurlz this season please email becwallbridge@gmail.com.



Development

There are quite a few coaching opportunities within the club this season for men and women. This will include training to further develop skills. If interested, please email satalbot@gmail.com



Operations

Have decided to go with 5 ultimate for uniforms. Uniforms will be ordered in December 2017 for the men, and after the women's teams have been selected in January. Everyone will be expected to get a new uniform.

Training singlets will be from Boon.



Social and Gen rep

Spike ball competition on November the 19th to raise money and awareness for men's and women's mental health. Donations will be going to Movember and Liptember.

- Date: 19 November 2017
- Time: 1PM - 4PM
- Location: Ron Barassi Snr Park

TRIVIA night!

Date: 2nd of December. Location: elephant and wheelbarrow. Time: 7pm
Tickets: \$15 per person (includes a drink card for the first 40 people to sign up). Teams of 8. Auction for great prizes. Get tix here!



Cost

- \$10 donation per team (\$5 pp) on the day
- BBQ food and drinks for purchase (please bring cash!)

Facebook Event <https://www.facebook.com/events/160403477884161/>

Potential prize! >>



UPCOMING CALENDAR

Update this November

November 19th – HoS spikeball Health Fundraiser

November 25th – Selection event for Mens (Ron Barrassi Park) and Womens (Warner Reserve, Ashburton)

No trainings in December for the ladies.

VUL locations:

Game day 1 – Saturday 18th of Nov, Laura Douglas Reserve, Dallas

Game day 2 – Sat 2nd of Dec, Harvest Home Reserve, Epping

Game day 3 – Sat 20th of Jan, Morshead Park, Ballarat

Game day 4 - Sat 10th of Feb, Albert Park Melbourne.

GET AROUND DA BOIZ AND DA GURLZ ON THIS DATE!

Give Wisey a Hug this November

Got smashed by a tcas at AMUC in Tasmania. RIP kidney.

Coaching program

As always, Heads of State work to develop ultimate players as athletes in order to give them opportunities within the sport on the field. This season, we are running a new program to teach our members leadership and coaching skills in order to provide even more opportunities in the sport.

This program will happen in three phases over the next few months

1 - Accreditation

Club members will be given the opportunity to earn an Australian Sports Commission recognised Level 1 Ultimate Coaching qualification. This will allow you to take on paid coaching roles at school clinics, youth programs and leagues, university clubs, and state representativ teams. The cost will be heavily subsidised by the club in order to encourage as many members as possible to take part. The course is a single day program, with an online element you can complete in your own time.

2 - Mentoring

Players wishing to take on coaching or leadership roles in the club over the next twelve months will be set up with a network of coaches from around Australia and the world to provide them with the best possible expertise, advice and support on all aspects of coaching ultimate.

3 - Practical

The club's Development Committee will work with participants of the program to place them into coaching roles across the club. This may include coaching Colossus and Inferno at Division II Nationals, assisting Juggernaut and Phoenix coaches at AUC, placements into youth and university programs in 2018, and roles leading our mixed teams next season. Most major expenses (ie: travel to tournaments) will be covered by the club for the right people.

Details of the Accreditation phase are being worked out currently, and we hope to have this happen by the end of the year. We understand that our members have many other demands on their time, so we are working to make the time commitment for this program be as brief as possible while still providing the maximum benefit...



Coaching program, continued

If you are interested in taking part in this program, or if you are curious to know more, please contact me directly and I will keep you in the loop.

Regards, Simon Talbot (HoS Development Officer)

Tournament fees

Like with prior seasons, we've broken down the cost of the season into two costs:

- Club fee
- Tournaments fees

The club fee for this season is \$50. This includes a high quality reversible training singlet, along with covering your share of insurance and a contribution towards field hire for trainings - i.e. it covers the costs that the club pay for you to train with us.

Tournament fees are the costs for you to participate in a team and play tournaments with HOS. This covers expenses such as team and player registration fees for tournaments, accommodation, field hire, equipment, coach expenses and other various club overheads. If you are unable to play a particular tournament, the fees will be adjusted accordingly.

A schedule of fees for the tournaments is attached. As an incentive to get on top of these fees early, anything transferred to the club account and cleared at our end by 30th November will be given a 10% discount. To demonstrate how this works, please also refer to the attachment. <https://docs.google.com/spreadsheets/d/1sx9Qimj8ShX7MTQYQU07y3uRyq1guuPbuF02erzZGig/edit?usp=sharing>

This is an easy way to get on top of your fees and save some money!

Uniforms will be costed on top of this, however the plan is that the uniforms we order this year will be the club kit for 3+ years. Manny can tell you more about this if you're curious as the details are still being finalised.

Following feedback from players from last season, we'd like to make the fees for the season known now so that they can budget for what they'll be expected to pay. As a result this does require making some assumptions as we don't know exact costs.

After the 2016 season the club had a sizeable surplus, which was used to subsidise the cost of the 2017 season. This was mainly focused on the club's development of our womens and mixed programs. However as we have used up the surplus and the 2017 season ran a deficit, we need to ensure that we collect enough from our players to cover all costs to allow us to operate as a club.

Every single dollar that you put into the club goes into supporting your ability to play. Should any player have concern about the cost of fees, they're welcome to reach out to me directly to see the budget for what these include. If you anticipate that you can not pay your fees by the deadlines given, please contact me as soon as possible so we make an arrangement. I'd like to ask all players who have put in an EOI for 2018 to ensure that they read the payment policy and understand the impact that non-payment will have on their ability to play.

Kind regards, Katie Lock (Heads of State Treasurer)



South Yarra FNC

Just a reminder that the South Yarra FNC (based in Hawthorn East) is currently working towards creating a Women's Football team to compete in the Southern Football Netball League in Season 2018.

Part of the plan for recruiting for the new team is to integrate some of the girls currently playing Ultimate Frisbee (depending on player location), Over the last 3 or 4 years, we have included a number of players in our Saturday and Sunday South Yarra Men's teams.

Our initial South Yarra Women's team "Get-together/ Expression of Interest Day/ Light training run" will be held next Sunday (19th November) at Fritsch Holzer Reserve, 120 Camberwell Road, Hawthorn East from 10:30am (just down the road from the Camberwell Tram Depot). This will be followed by a sausage sizzle.

The plans for the new team will be outlined during the morning session.

If you have any queries, please give me a call.

Regards

Bruce Hill
President
South Yarra FNC
0417 015 387

Woodley's Food Tips

A few people have asked for nutrition tips and what I do to ensure I am fuelling my body correctly. So I thought I would share my top 10 tips and general practical advice to help you out.

Please note though, that I am by no means a nutritionist or dietician and so this isn't prescribed advice.

Tip number 1 – aside from potatoes you simply cannot eat too many veggies. No matter how much you try to overeat you simply just can't get enough veggies. If you want a snack get a veggie in ya

Tip number 2 – try to limit the amount of carbs you eat each day and ensure that you are consuming at least one source of protein every meal. Protein suggestions include: any meat, eggs, lentils, Quinoa, milk or protein shakes. However please note that I increase my carb intake (only at lunch) on days where I am doing sprints. I find that I need more energy when I hit the track so I will have brown rice with my meal or sweet potato mash or pasta depending on how I'm feeling. Never eat carbs at night!!

Tip number 3 – reduce your sugar intake immediately. You should only consume a max of 10 teaspoons of sugar per day. Fyi 1tspn = 4g of sugar. 1 can of coke has 10spn of sugar in it. That Choccy big M you're guzzling has 15 teaspoons of sugar so you gotta make sure you have absolutely earned that drink. If your cereal has sugar in it then stop eating it. So remember to read the label and check before you eat/drink

Tip number 4 – eat the colours of the rainbow. To ensure you are getting a great variety of nutrients and vitamins your food should be colourful.

Tip number 5 – fats aren't bad. Yes there are good fats and bad fats. Good fats are those which are contained in veggies and nuts such as avocados, nuts and olive oil. These fats are good for you. Anything you deep fry is bad. Obviously there's a whole lot more to this but don't fear the fat, fear sugar.

Tip number 6 - your plate should be 50% veggies, 30% protein and 20% fats (see pic for example)

Tip number 7 – Refuelling after a workout is vital. Get 30g of protein in your system within 30 minutes of finishing your sessions. This includes sprints, weights or any type of cross training. Along with this you should be consuming some sugar at the same time to help replenish energy stores and help the body metabolise the protein

Tip number 8 – Bananas are the athletes food. Pre workout = banana, in between games or half time at a tourney = banana, snack before bed = banana. Bananananananananananananana. Eat bananas everyone.

Tip number 9 – be prepared. At the start of the week I know exactly what I will eat for every single meal for the week. This way I don't get decision fatigue and make a bad choice. Whenever I am hungry I always have the food I need close by

Tip number 10 – don't diet on the weekend. The weekend is for brunch and spending time with friends and family so don't be that pain in the ass person who won't go halves in a plate of nachos or chicken wings. Enjoy your life.

Here are some common meals I will eat throughout the week:

Brekky – oats, with chobani plain greek yoghurt, blueberries and a banana or 2eggs on wholemeal bread with a side of spinach and tomatoes

Lunch – as per point 6 my plate is always made up of the portions advised. 3 beef burgers, 3 bags of steamed veggies, ½ and Avo and on days where I sprint either brown rice (I use the sunrice quick cups which take 45 seconds to heat up) or sweet potato mash



Woodley's Food Tips , continued

Dinner – Grilled chicken (just grab any of the Jamie oliver pre marinated packs from the supermarket), 3 bags of steamed veggies, ½ avo or some mixed nuts

Desert – banana smothered in peanut butter or Greek yoghurt with frozen berries.

Weekend – I will typically eat 3 meals which are what you wouldn't consider to be healthy. Friday night I have fish and chips or a burger and chips. Saturday brunch of course I get the big brekky with an extra side of bacon and maybe a milkshake and for dinner I will get Mexican or Thai. Then on Sunday I get back on the horse and stick to the above 10 tips but of course if you have things on then just get involved and enjoy yourself but be sure to get strict Monday morning.

If you'd like some more specific in depth detail about what to eat and when I can help you out if you PM me. However I think these tips are pretty easy to apply and are easy to understand. One last cheeky tip - 1 beer = 1 slice of pizza so be mindful of how many froffs you're consuming weekly.

Everyone is different and their bodies and metabolisms do different things so it is important you find what works for you and stick to it. Consistency is key.

I can guarantee that the lighter you are the faster you will run (please don't take this too literally though as being too light is unhealthy). I am happy for people to share their diets tips also.

Onyas

