

WESTERN REGION FOOTBALL LEAGUE JUNIOR NEWS FLASH



ISSUE 2 - JUNE 1, 2022

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WRFL ANNOUNCE 2022 SEDA COLLEGE INTERLEAGUE TEAMS

THE FINAL SQUADS FOR THE UPCOMING WRFL SEDA COLLEGE JUNIOR INTERLEAGUE PROGRAM HAVE BEEN FINALISED.

CLICK BELOW TO SEE ALL THE FINAL TEAMS.

- [UNDER 13A](#)
- [UNDER 13B](#)
- [UNDER 14A](#)
- [UNDER 14B](#)
- [UNDER 15A](#)
- [UNDER 15B](#)
- [UNDER 15 GIRLS](#)

THIS YEAR THE WRFL WILL HOST THE UNDER 13 CARNIVAL PLAYED AGAINST THE RDFNL AND EDFL ON JUNE 12. GAMES WILL BE PLAYED AT SALTWATER RESERVE IN POINT COOK.

ALL AFL VICTORIA METROPOLITAN JUNIOR DEVELOPMENT SERIES MATCHES (UNDER 14-15) WILL BE PLAYED ACROSS THE QUEEN'S BIRTHDAY LONG WEEKEND ON JUNE 11 AND 13. SEE BELOW FOR THE FIXTURE.

2022 JUNIOR INTERLEAGUE



WRFL ANNOUNCE 2022 SEDA COLLEGE INTERLEAGUE TEAMS

ROUND	DATE	COMPETITION	TEAM 1	TEAM 2	TIME	VENUE
1	JUNE 11	UNDER 14 DIVISION 1	WRFL	EDFL	12PM	HANSEN RESERVE, NORTH FOOTSCRAY
1	JUNE 11	UNDER 14 DIVISION 2	WRFL	EDFL	10AM	HANSEN RESERVE, NORTH FOOTSCRAY
1	JUNE 11	UNDER 15 DIVISION 1	EDFL	WRFL	2PM	GREENVALE RECREATION RESERVE
1	JUNE 11	UNDER 15 DIVISION 2	EDFL	WRFL	12PM	GREENVALE RECREATION RESERVE
1	JUNE 11	UNDER 15 GIRLS	EDFL	WRFL	10AM	GREENVALE RECREATION RESERVE
2	JUNE 13	UNDER 14 DIVISION 1	RDFNL	WRFL	12PM	TONY CLARKE RESERVE, MACEDON
2	JUNE 13	UNDER 14 DIVISION 2	RDFNL	WRFL	10AM	TONY CLARKE RESERVE, MACEDON
2	JUNE 13	UNDER 15 DIVISION 1	WRFL	RDFNL	2PM	TAYLORS RUN OVAL, CAROLINE SPRINGS
2	JUNE 13	UNDER 15 DIVISION 2	WRFL	RDFNL	12PM	TAYLORS RUN OVAL, CAROLINE SPRINGS
2	JUNE 13	UNDER 15 GIRLS	WRFL	RDFNL	10AM	TAYLORS RUN OVAL, CAROLINE SPRINGS
GAME 1	JUNE 12	UNDER 13A	WRFL	EDFL	11.45AM	SALTWATER RESERVE, POINT COOK
GAME 1	JUNE 12	UNDER 13A	RDFNL	WRFL	1.30PM	SALTWATER RESERVE, POINT COOK
GAME 2	JUNE 12	UNDER 13B	WRFL	RDFNL	10.15AM	SALTWATER RESERVE, POINT COOK
GAME 2	JUNE 12	UNDER 13A	WRFL	RDFNL	1.45PM	SALTWATER RESERVE, POINT COOK

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WRFL INTERLEAGUE WITH INVICTA PERFORMANCE

DURING MAY, INVICTA PERFORMANCE WORKED WITH THIS SEASON'S WRFL INTERLEAGUE TEAMS FROM U13 MIXED, U14 BOYS AND U15 BOYS AND GIRLS. THE SESSIONS WERE HELD AT AVALON AIRPORT OVAL, THE HOME OF WERRIBEE FOOTBALL CLUB, WITH THE OVERARCHING PURPOSE TO EXPOSE THE WESTERN REGION'S UP AND COMING FOOTBALL TALENT WITH WHAT CAN BE EXPECTED OF AN ATHLETE IN A HIGH-PERFORMANCE ENVIRONMENT.

WHILE THE PLAYERS COMPLETED AN HOUR-LONG TRAINING SESSION ON THE VFL GROUND UNDER THE INSTRUCTION OF THEIR COACH AND ASSISTANTS, INVICTA PROVIDED A FREE INFORMATION SEMINAR FOR PARENTS GIVING THEM AN INSIGHT INTO THEIR HIGH PERFORMANCE OFFERING AND HOW THEY CAN HELP THEIR CHILD OVER THE COURSE OF THEIR PHYSICAL DEVELOPMENT JOURNEY.

THE INFORMATION SESSIONS ALSO INCLUDED PRESENTATIONS ON PLAYER RECRUITMENT AT THE NEXT LEVELS OF FOOTBALL. SUPPORTING INVICTA PERFORMANCE WITH THESE PRESENTATIONS WERE LUKE WILLIAMS (WESTERN JETS TALENT MANAGER), NATHAN BURKE (WESTERN BULLDOGS AFLW HEAD COACH) AND MARK MICALLEF (WERRIBEE FC FOOTBALL MANAGER).

TO END THE NIGHT PLAYERS SPENT TWO 30-MINUTE ROTATIONS LEARNING ALL ABOUT RUNNING TECHNIQUE AND SIMPLE EXERCISES THEY CAN COMPLETE AT HOME TO REDUCE THEIR RISK OF INJURY.

INVICTA PERFORMANCE WOULD LIKE TO THANK THE WRFL AND ALL PLAYERS FOR THE OPPORTUNITY TO TEAM UP OVER THE PAST MONTH AND WISHES THEM ALL THE BEST WITH THEIR FOOTBALL FOR THE REMAINDER OF 2022.



BURTON & DIXON IN SCHOOL SQUADS

TWO WRFL JUNIOR YOUNG GUNS HAVE BEEN SELECTED TO REPRESENT VICTORIA IN THE SCHOOL SPORT AUSTRALIA UNDER 15 BOYS AND GIRLS COMPETITIONS LATER THIS YEAR.

POINT COOK'S THOMAS BURTON AND ALTONA JUNIORS YOUNG GUN PIPER DIXON HAVE BEEN SELECTED IN THE UNDER 15 BOYS AND GIRLS TEAMS RESPECTIVELY.

LAST SEASON BURTON WAS NAMED THE SEDA COLLEGE UNDER 14 DIVISION 1 BEST PLAYER DURING THE JUNIOR INTERLEAGUE CARNIVAL, WHILE DIXON WAS A JOINT WINNER OF THE WESTERN BULLDOGS UNDER 14 DIVISION 5 BEST AND FAIREST AWARD.

BOTH PLAYERS HAVE ALSO BEEN SELECTED TO REPRESENT THE WRFL AT NEXT MONTH'S JUNIOR INTERLEAGUE CARNIVAL.

WILLIAMSTOWN JUNIORS PLAYER KOBE WILLIAMS HAS ALSO NAMED AS AN EMERGENCY FOR THE UNDER 15 BOYS TEAM. ARON LOMBARDI, WHO IS THE COACH OF THE WRFL'S 2022 UNDER 14A INTERLEAGUE TEAM WILL BE AN ASSISTANT COACH WITH THE TEAM.

THE SCHOOL SPORT AUSTRALIA (SSA) GIRLS AND BOYS 15 YEARS AND UNDER AUSTRALIAN FOOTBALL CHAMPIONSHIPS WILL BE HELD IN LAVINGTON, NSW FROM JULY 23 TO JULY 30.





SPEED UP ON THE FIELD. SLOW DOWN ON THE ROAD.

You can speed things up on the field. But out on the road, driving at a safe and legal speed could save the life of a club or community member. So whether you're a player, coach, spectator or volunteer, we're asking you to slow down and help make our roads safer.

It takes all of us.



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KIDS CORNER



KIDS CORNER - EPISODE 2



THE JUNIORS HAVE SPOKEN. THE BEST CANTEEN FOOD IN THE WRFL IS A HOTDOG AND CHIPS WITH GRAVY MAKE SURE YOU TREAT YOURSELF THIS WEEKEND!

WRFL JOINS TIKTOK



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Message



The WRFL is a community sport organisation in Melbourne's west #WestIsBest

THE WESTERN REGION FOOTBALL LEAGUE HAS JOINED TIKTOK. CLICK HERE TO VIEW THE CHANNEL. GIVE US A FOLLOW!

BE SURE TO FOLLOW ALL THE WRFL'S SOCIAL MEDIA CHANNELS TO STAY UP-TO-DATE WITH ALL THE LATEST NEWS AND VIEWS FROM ACROSS THE WEST.





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**WESTERN
BULLDOGS**



HEARTLAND AWARD WINNERS



2022 WESTERN BULLDOGS WRFL HEARTLAND AWARD

WESTERN BULLDOGS PREMIERSHIP PLAYERS MARCUS BONTEMPELLI AND ELLIE BLACKBURN HAVE BEEN NAMED AS THE TWO HEARTLAND AMBASSADORS FOR 2022.

THE HEARTLAND AWARD IS NOW IN IT'S NINTH SEASON. THE AWARD RECOGNISES JUNIOR PLAYERS FROM ACROSS OUR LEAGUE.

EACH WEEK THROUGHOUT THE HOME AND AWAY SEASON, THE JUNIOR HEARTLAND AWARD WILL BE PRESENTED BY THE COACH FROM THE HOME TEAM TO ONE PLAYER FROM THE OPPOSITION SIDE, WHO THEY BELIEVE EMBODIES THE TRUE ESSENCE OF THE GAME – THAT BEING: FAIR PLAY, FUN AND RESPECT FOR BOTH THE OPPOSITION AND THE UMPIRES.

THE AWARD IS FOR THOSE PLAYING IN THE UNDER-8 COMPETITION THROUGH TO UNDER-14'S, INCLUDING UNDER 14 GIRLS.

IF YOU WIN A HEARTLAND AWARD MAKE SURE YOU REGISTER YOUR UNIQUE CODE AT THE BOTTOM OF YOUR CERTIFICATE ON THE WESTERN BULLDOGS WEBSITE TO GO INTO THE DRAW TO WIN THE ULTIMATE HEARTLAND EXPERIENCE.

IF YOU'VE WON A HEARTLAND AWARD, SNAP A PHOTO WITH YOUR CERTIFICATE AND SEND IT TO KRISTEN AT [K.ALEBAKIS@WRFL.ASN.AU](mailto:k.alebakis@wrfl.asn.au) AND WE WILL SHARE IT ON SOCIAL MEDIA.



HEARTLAND AWARD WINNERS



HEARTLAND AWARD WINNERS



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HEARTLAND AWARD WINNERS





Concerned your kids think betting on sport is normal?

The first generation to grow up with sports betting ads – young men (18 to 24 years) – make up a third of sports bettors in Victoria, and participation by young women is rising.*

Start a conversation with the young people in your life today about the risks associated with sports betting, by asking:

- What do you think about all the betting ads on TV?
- What are some of the risks involved in sports betting?
- Why do people bet on sport?

For more tips, visit lovethethegame.vic.gov.au



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*Victorian population gambling and health study 2018–2019

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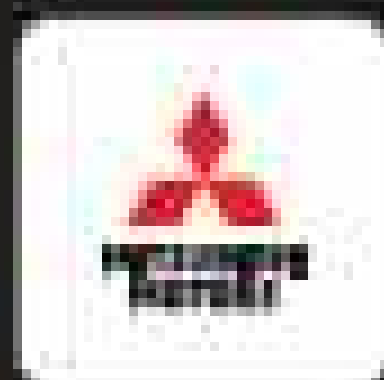
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MILESTONE MOMENTS



JESSE MUSCAT - 100 GAMES



CONNOR ELLIOTT-DAMON - 100 GAMES

IF YOU HAVE ANY MILESTONE MOMENT IMAGES YOU WOULD LIKE FEATURED IN THE MONTHLY JUNIOR RECORD, PLEASE EMAIL THE IMAGE AND PLAYER DETAILS TO [K.ALEBAKIS@WRFL.ASN.AU](mailto:k.alebakis@wrfl.asn.au)



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GALLERY

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