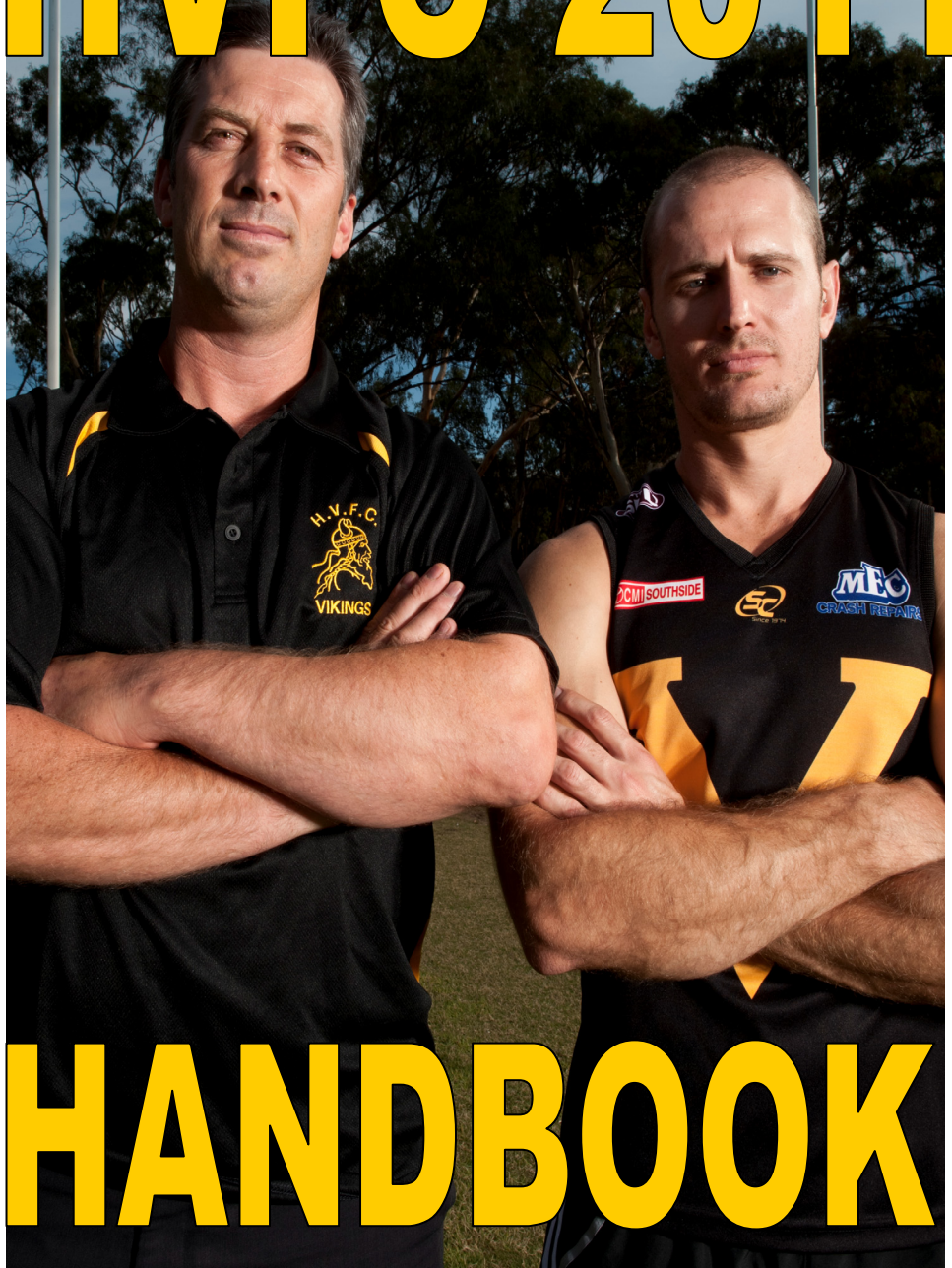


HVFC 2011



HANDBOOK

Congratulations! You are now a member of the Happy Valley Football Club.

We are very proud of the club's achievements, and know you will be too. The large numbers of players in juniors and seniors is testament to the achievements, professionalism and excellent reputation of the Happy Valley Football Club.

As a part of the HVFC community it is required that each member is to donate a few hours of their time over the course of the season. This time can be utilized in the following ways:

How can you help?

On the Field:

- Goal umpires,
- Boundary umpires
- Water runners
- Become a trainer
- Inter change steward
- Time keeper
- Set up and Cleaning up the grounds before & after a home game
- Scoreboard attendants

Off the field:

- Wash guernseys
- Help in the canteen
- Help in the BBQ
- Help on the gate on game days
- Assisting in oval set up and clean up for social events
- Join the committee

A volunteer roster will be given to each player and it is an expectation that this is adhered to - club hour penalties will apply if players do not attend

Every bit helps, the club cannot run without you!

Want to know more? Ask one of the committee members for information

HISTORY OF HVFC

The modern Happy Valley Football Club was born in 1951, wearing Blue and Gold in the Hills Central League. In the early sixties we left the Hills to join the Glenelg, South, West League, and it was at this stage, to avoid clashing with Glandore that the Vikings made the adjustment to Black and Gold, the colours by which we are now known.

The Valley won premierships with their top side in both 1970 and 1974 under the captaincy of Wayne Baxter, but these were in the third division of the league. The Happy Valley/Aberfoyle Park area was mostly vineyards or sheep paddocks. We were a little known and rather insignificant power right up until the eighties when we joined the Southern League. At first we were accepted in Div.11 and made the Grand Final in our first season, and played regular finals football until 1984 when we moved to Div.1.

The mid eighties in Div.1 saw the Big V on the end of some big thrashings. And the mood changed. A lot of people, too many to mention, decided to change the culture. Some very important and very gutsy decisions were made that turned our reputation as one of the "easy beats" in the competition to one of the most feared and respected clubs in the SFL.

We threatened to make the finals in 1990, got there in 1991, and won flags in 1992,1993,1995,1996,1998 and 1999, had a break for a couple of years whilst we waited for our juniors to become men, and won our last A grade premiership in 2003. Since that year we have not missed a finals series and reached the preliminary finals on 2 occasions.

Many attribute our success to the development of the area. Having the biggest High School in the state right next door certainly helps, no question. But to be the best requires more than numbers. You also need the best coaches the best trainers, The best support staff and the best administration. We have been very, very fortunate to have had an exceptional quality of personnel involved at our club. Our forefathers have left a legacy we can all be proud of and we can all walk taller on the back of their success. Our standards are high. Our expectations are high, and the rewards so far have been worth the effort.

THE VIKING'S FORCE IS DESTINED TO GO ON FOR MANY YEARS TO COME

Wear the Big "V" proudly!

A WORD FROM OUR PRESIDENT

Players, Members, Sponsors and Supporters, welcome to season 2011. This promises to be an exiting and challenging year for our club as a whole, both on and of the field. With a new A grade coaching group lead by Mathew Dent and a good retention of players our challenge will be to take our game to a higher level and improve on last years performance.

Everyone at the club has a challenge. Everyone from the supporter, the volunteer, the trainer to the coaches, committee and myself to do whatever it takes to better this club and return it to the powerhouse it has been in the past. We have a proud history at this club and I also thank the many players, volunteers and officials that contribute so much to our club.

If you are asked to help in any way, be it volunteer for the BBQ, goal umpire, canteen or even a working Bee consider our club culture. Be prepared to help don't be afraid to role up your sleeves and get your hands a little dirty. This club has had some massive improvements over time our light towers new change rooms , bar upgrade and our brand new BBQ trailer that will arrive in time for the start of the 2011 season. All these things don't just happen .

To make this club a success we will aim to continue our work with our junior ranks and give 100% to all that are prepared to make a commitment, loyal supporters prepared to dig in when asked and a band of hard working match day staff in coaches trainers and officials along with committee persons .

This club has come along way lets continue to drive our club forward.

Wayne Hasel

President 2011

HVFC COMMITTEE 2010

| Executive Committee | |
|----------------------------|----------------|
| President | Wayne Hasel |
| Secretary | Kevin Beard |
| Treasurer | Tony Davis |
| Vice President | Ross Schurgott |
| | |

| General Committee | |
|--------------------------|-------------------|
| Merchandise/Events | Denise Schurgott |
| Sub Junior Coordinator | Damian McCann |
| Sponsorship | Steve Davenport |
| Communications | Jessica Sanderson |
| Football Director | Steve McGuire |
| General | Steve Turner |
| HVS&SC | Neville Schurgott |
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The Happy Valley Football Club would like to recognise the following players that have been drafted to AFL clubs after beginning their football career at the Vikings:

Matthew Rogers & Nick Westoff - Richmond
Taite Silverlock— Essendon
Nathan Eagleton - Port Power/Western Bulldogs
Ben Rutten - Adelaide Crows
Beau Waters - West Coast Eagles
Jason Porplyzia - Adelaide Crows
Tom McNamara - Melbourne



I JUST WANT TO PLAY WITH MY MATES

At the risk of offending a junior player or his parents, the truth is, a club's success is measured in A grade premierships. Ask anyone who the most successful club in our league is at the moment and they will tell you it's the club that has won five of the last six A grade premierships. Then ask who the most successful club was in the nineties and they will answer HVFC. We had six A grade premierships in eight years.

That doesn't mean the juniors are any less important. They just have a different kind of importance. While team structure and discipline will always have a place in any grade, at junior level it's not so much about club or team success, it's more about individual success.

And individual success comes from being challenged at a young age. Juniors must be encouraged to step outside their comfort zone to improve and develop. To be challenged a junior must play with and against players of their own skill level or better and not just be left to dominate in their age group.

Many AFL players who come from country clubs will recall having to fill in at senior level when they were 14 years old due to player shortages. This undoubtedly aided their development but the problem we face is young players at that age have, as a general rule, not developed an ego and so often you will hear the words -

"I just want to play with my mates."

At HVFC junior players will be invited to train at a higher grade and, in consultation with their parents, some may be asked to play games at the next level up. Of course they have the right to refuse but with coach and parental encouragement we can guide our youngsters to be the best they can be.

FROM THE A GRADE COACH

After coaching stints with Edwardstown (3 years) and Tailem Bend (3 years) it's a great honour to be senior coach of the Happy Valley Football Club for the 2011 season. Joining me on the coaching panel will be Phil Pippett (A grade assistant) and Garry Bennett (B grade), both guys bring a wealth of experience.

With a solid preseason which started in November, some quality players returning and some quality recruits, I believe our teams are ready to play some exciting and attacking football this year. With three solid trial matches and some encouraging signs I look forward to the season starting.

To all the committee, sponsor, players, trainers and volunteers let's ensure we all work as hard as we can on and off the field to make 2011 a year to remember. To all the junior coaches and players good luck for the year and hope all of you can stay around and support the seniors.

Go the Vikings,

Matthew Dent
A Grade Coach

COACHES FOR SEASON 2010

| Position | Coach | Contact Number |
|--------------------------------|-----------------------|-------------------|
| "A" Grade Coach | Matthew Dent | 0403 716 253 |
| "B" Grade Coach | Gary Bennetts | 0417 412 605 |
| "C" Grade Coach | Stewart Whitelaw | 0422 771 215 |
| Under 18s Coach | Tony Sutherland | 0427 600 153 |
| Under 16s Coach | Liam Sutton | 0411 566 567 |
| Under 16s Vikings Coach | Jake Turnball | 0412 017 282 |
| Under 14s Coach | Adam Silverlock | 0401 677 730 |
| Under 14s Vikings Coach | Andrew Ramsey | 0400 992 982 |
| Under 14s Vikings Coach | Anthony Thomas | 0424 558 832 |
| Under 12s | Justin Calderbank | 0410 042 532 |
| Under 12s | James Chapman | 0419 863 061 |
| Under 10s | Chris Sanderson | 0419 829 213 |
| Under 10s | TBA | |
| Under 8s | Linc Rodgers | 0413 563 495 |
| Under 8s | Brett Duncan | 0438 693 596 |
| Auskick | TBA | |
| <u>TRAINERS</u> | | |
| Head Trainer | Hank Middleton | 8270 5094 |
| Assistant Trainers | Des Lewis | Shannon Sanderson |
| Sarah Evreniadis | Jessica Sanderson | Alicia Wallace |
| Melissa Kari | Jason Kari | Emma Kleeman |
| Colin Willoughby | Lisa O Connor | Maria Beard |

HVFC Club Code of Conduct

POST MATCH PRESENTATIONS

- Weekly awards will be presented in the clubrooms on a Saturday night for that days games or for the teams that played on Sundays games the presentations will be for the Sunday previous.
- If the Seniors are playing a home game presentations will start at 6:30pm. If the Seniors are playing away the presentations will start at 7pm
- Team results are announced & awards are given to players at the discretion of the coaches for players performance, attitudes, improvements or efforts during the game.
- Attendance is requested and players not at presentations will forfeit the award unless a valid reason is given to the coach prior to the start of presentations.
- All players must wear club attire to games and match day presentations. Any player not wearing club attire will not receive an award at these presentations. Please note club attire for A and B grade players will comprise of black pants, black shoes and club top.
- The players will behave in a manner to reflect that of a successful and professional club. The players' undivided attention is required whilst the coaches are delivering their match reports.
- Players are expected to contribute to keeping the club rooms tidy by not wearing football boots inside and putting away any rubbish rather than leaving it for someone else to pick up

CHANGE ROOMS AND GYMNASIUM

- You are expected to keep these rooms clean and tidy at all times. If you see another player/person being untidy remind them of this requirement.
- At the end of your game and after the coach has finished addressing the team you are required to vacate the change rooms as quickly as possible so that the next grade can begin their pre game preparation
- The club gymnasium is for the use of players of all teams. The wearing of football boots in the gym is prohibited.
- It is the players responsibility to keep the gym tidy
- If the gym cannot be keep tidy then it's use will be withdrawn to the offending age group
- No Under 16 player may use the gym equipment for safety reasons

HVFC Club Code of Conduct

MATCH COMMITTEE/DISCIPLINARY ACTION

- The club, through the coaches and football director, reserves the right to penalise any player acting outside these guidelines
- If disciplinary action prevents a player from taking the field this matter should be discussed with the Football Director and the Executive Committee

Drug and Alcohol Policy

Remember at all times you are a representative of the Happy Valley Football Club. Accept this responsibility, and conduct yourself at all times with a decorum which brings credit to yourself and the club

As of season 2011, underage HVFC players and parents will sign a Drug and Alcohol contract acknowledging the importance of refraining from substance abuse. This contract also outlines the consequences if the contract agreement is not adhered to by players. For more information please visit the website: hvfc.com.au

All senior and junior players will have compulsory Drug and Alcohol Education during the season which may be conducted by SA Police, Sammy D Foundation or other educators as approved by the committee.

If a player brings the club into disrepute by behaving in a poor manner whilst intoxicated or under-age drinking, disciplinary action may be taken.

HVFC are a Level 2 Good Sports Club and as a requirement of this accreditation the club has to:

- Refuse to serve any patron who is under the age of 18, appears intoxicated or is providing alcohol to a person who has already been refused service
- Promote designated driver practices
- Display taxi phone numbers prominently and offer this as a free call
- Offer food as well as alcohol whenever the bar is open
- Provide options to drinking alcohol (e.g: water, soft drinks)

HVFC Junior Development Policy

The Happy Valley Football Club endeavours to:

- Promote and foster junior football at HVFC
- Formulate policies for the expansion and improvement of junior football Encourage promotion of players to a higher grade for their betterment in consultation with players, parents and coaches
- Allow the coach of a higher grade to promote a player in a lower grade
- Arrange that no player misses a game due to extra numbers on a weekend If numbers are suitable no player will play more than one game on a weekend causing other players to miss out on a game
- Organise with the Football Director the training format for all teams will be consistent with that of the senior grades
- Organise the attendance of senior players and coaches to junior and sub junior training Develop every players skills and ability.
- Players are required to wear HVFC attire (jackets, polos, jumpers etc) to games



HVFC Sub Junior Development Policy

Aim of Sub Junior football is to

- Teach and develop skills
- Promote player enjoyment and foster a love of the game
- Encourage them to continue their football with Happy Valley Football Club
- Where there are 2 teams in an age group, players are placed into 2 even teams
- Winning a game is a rewarding and uplifting experience but it is not the sole ambition of the coaching staff and often comes as a by product of skill development, dedicated training and match play
- Coaches are to roster players so that they are all playing equal game time within reason and are required to keep a record of this. If disciplinary action, absence or injury prevents a player from taking the field this should be recorded and any disciplinary action should be discussed with the Sub Junior Operations Manager.
- If a team has over 24 players coaches are able to roster players to have a week off but this must be discussed with the Sub Junior Operations Manager prior to notifying the team.
- At the end of season carnival coaches are to ensure that each player plays a minimum of 3 halves



SFL CODE OF CONDUCT

PLAYERS:-

- Play by the rules
- Never argue with an official or umpire.
- If you disagree with an umpires decision have your coach or team manager approach the official during a break or after the match.
- Control your temper.
- Verbal abuse of officials or other players deliberately distracting or provoking an opponent is not acceptable or permitted in any sport
- Work equally hard for yourself and/or for your team. Your team's performance will benefit, so will you
- Be a good sport.
- Treat all players as you would like to be treated.
- Do not interfere with, bully or take unfair advantage of another player.
- Cooperate with your coach, team-mates and opponents. Without them there would be no competition.
- Play for the "FUN OF IT" and not just to please parents and coaches.
- Avoid the use of derogatory language based on gender, race etc.

Remember that undue and/or unnecessary breaches of the above may see you sent from the ground or reported. This will not only reflect on you but also your team and may put your team at a disadvantage and may result in you being dropped or suspended.

SFL CODE OF CONDUCT

COACHES:-

- Never ridicule or yell at a child for making a mistake or losing a game
- Teach your players to play by the rules
- Be reasonable in your demands on young player's time energy and enthusiasm
- Avoid overplaying the talented players.
- All players need and deserve equal time
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players.
- Develop team respect for the ability of opponents and for the judgment of officials and opposing coaches
- Follow the advice of a physician when determining when an injured player is ready to recommence training or competition.
- Remember that children need a coach they can respect.
- Be generous with your praise when it is deserved, and set a good example
- Make a personal commitment to keep yourself informed on sound coaching practices and the principals of growth development of children.

SPECTATORS:-

- Remember children play sport for fun. They are not playing for the entertainment of spectators nor are they miniature professionals.
- Applaud good performance and efforts from each team.
- Congratulate all participants upon their performance regardless of the games outcomes.
- Respect the official's decision. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the children to do likewise.
- Never ridicule or scold a child for making a mistake during a competition.
- Use positive comments to encourage players - they are motivational
- Condemn the use of violence in any form, be it by spectator, coaches, officials or players.
- Show respect for your team's opponents. Without them there would be no game.
- Encourage players to follow the rules and the official's decisions
- Demonstrate appropriate social behaviour by not using foul language, harassing players, coaches or officials.
- Avoid the use of derogatory language based on gender or race.

SFL CODE OF CONDUCT

PARENTS:-

- Encourage children to participate, if they are interested.
- If a child is unwilling, do not force him or her.
- Focus upon the child's efforts and performance rather than the overall outcome of the event.
- Turn defeat into victory by helping your child work towards skill improvement and good sportsmanship.
- Teach children that an honest effort is as important as victory, so that the result of each game is accepted without undue disappointment.
- Encourage children to always participate according to the rules.
- Never ridicule or yell at a child for making a mistake or losing a game.
- Remember children are involved in an organised sport for their enjoyment, not yours.
- Remember that children learn best from example applaud good play by all teams
- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgment and honesty in public.
- Remember, most officials give their time and effort for your child's involvement.
- Support all efforts to remove verbal and physical abuse from sporting activities
- Recognise the value and importance of volunteer coaches. They give of their time and resources to provide recreational activities for the children and deserve your support.
- Avoid the use of derogatory language based on gender/race etc.
- Please remember that as parents, you play a huge role in supporting your children to play football at a club.
- If you have any queries or issues to raise at all please do so either through your team manager or the executive of your club.

Best Club, Best Trainers

I am extremely proud to be head of a team of trainers that show dedication and commitment way above my expectations. They are all eager to learn and further improve their skills.

Our current team (Shannon Sanderson, Sarah Evreniadis, Jessica Sanderson, Alicia Wallace, Emma Kleemann, Jason Kari and Mel Watts) have all been together for at least 3 years. Des Lewis, who has been my main support since 1995, is taking a well earned rest this season.

Our team and facilities are envied by other Clubs and indeed other leagues. Our trainers have represented the HVFC, SFL, Southern Districts and the State Country team.

The SFL is requiring the Clubs to be more cognisant of their duty of care towards players. One aspect of that, is that Clubs provide trainers for their teams. Our Club is no different to any other Club in the league and is struggling to fill positions of sports trainers, particularly for the Sunday competition teams including Sub Juniors, U14 and U16.



The SFL is also requiring host Clubs to provide the trainer for Sunday sub-juniors and the visiting Club to roster a trainer if they have the personnel. The risk that presents is that if we, as host Club do not have a trainer on duty, and the visiting Club do not have a trainer available, the game shall not go ahead.

If you have a current Senior First Aid certificate and are interested in helping your child's team, please contact me through your team co-ordinator.

Hank Middleton
Club Head Trainer
0403 891 051



TRAINERS CORNER

Get a competitive edge!

As we prepare for the football season, every player should be asking themselves, How can I beat my opponent? Well, if all things are equal, the only advantage you may have over your opponent is the way you recover from your last match and the way you prepare for your next match.

Includes:

Ice down for up to 48 hours after the match (10-15mins on 60 mins off)
Low level exercise the day after your match (this will remove waste product from your system and allow you to train at a higher level during the week)

Low alcohol intake following your match (alcohol can aggravate soft tissue injuries resulting in increased bruising and swelling)

Post game nutrition (a meal based on rice should be eaten within 2 hours of completing your exercise)

Rehydration (fluid replacement) should be at the rate of 1 litre per kilo lost during exercise)

Preparation (up to 3 days prior to event):

Increase carbohydrate loading (rice, steamed chicken, pasta, lean meats)

Drink plenty of fluids

Event day:

Your stomach should be empty by the time you compete

Meals should be high in complex carbohydrates and low in fat and protein (rice based, pancakes, fruit muesli, bananas, canned spaghetti)

Meal should be light but satisfying

Drink plenty of fluids (no carbonated drinks)

If you want any guidance on diet please see me and I can provide you with sample recipes.

Hank Middleton - Club Head Trainer

TRAINERS CORNER

UNDER THE DIRECTION OF THE CLUB MEDICAL STAFF, PLAYERS ARE REQUESTED TO OBSERVE:

- Any hygiene requirements e.g. use of water bottles
- Any nutritional requirements e.g. drinking of fluids before, during or after activity.
- Treatment of injuries shall be on a needs basis, both during games and at training.
- Players requiring treatment but not training will be seen after training has commenced.
- No player will receive ad hoc treatment on game day.
- Serious injuries will command immediate response ahead of other needs.
- Maximum of 3 players should be in the medical room at all times.
- In the event that an injury or emergency occurs during planned club activities, permission is granted to the club's medical staff to provide the player with necessary treatment to return to active participation.
- Permission is also granted to send a player to an emergency hospital or clinic if deemed necessary or advisable.
- In the absence of players (under age) parents or guardian, players will be treated as necessary by the medical staff.
- All players shall complete a medical information sheet
- Any direction from medical professionals (doctor, physio etc.) Will not be overridden by medical staff.
- players must inform the medical staff of any special medical condition that you may have had, or currently have e.g. asthma, diabetes, epilepsy etc.

HEAD INJURY POLICY

The sports medicine staff shall assess a player suffering a head injury. If the player is assessed as having any degree of concussion, the player will not be allowed to resume playing that day.

The player shall not be allowed to resume training or commence playing again, until, a written medical clearance from a doctor has been received by the Club's sports medicine staff.

This policy has been developed using the guidelines of the booklet 'The Management of Concussion in Australian Football', published by the AFL Medical Officers Association 2008.

HEAT POLICY

Policy Guidelines for cancelling or modifying training/games during hot weather. This policy is in line with SFL and SANFL hot weather policy.

Temperatures shall be the forecast temperatures from the previous day (as per the 6pm evening news broadcast temperature). The on-ground temperature will only be determined (by the sports trainer on duty or the coach) where the temperature is considered to be higher or lower than the forecast.

Training activities: Senior grades - A, B, C, U18
 Junior grades - U16, U14
 Sub-Junior grades – U/8, U/10, U/12

Forecast up to and including 32C

All Grades: Time interval between available drinks, no more than 15 minutes, with a 2 minute break (sufficient for all players to replenish fluids). Overall duration of session to be 60 - 90 minutes.

Forecast above 32C up to and including 35C

Seniors: Time interval between available drinks no more than 15 minutes, with a 2 minute break (sufficient for all players to replenish fluids). Activity intensity to be reduced (moderate pace with breaks in intensity). Overall duration of session to be 60 - 90 minutes.

Juniors: Outdoor activities modified with reduction in intensity and increased drinks breaks, sufficient for players to replenish fluids (interval between breaks no more than 10 minutes), with use of shade as much as possible. Overall duration of session limited to 60 minutes.

Sub-Juniors: All activities cancelled

Forecast above 35C

Seniors: Outdoor (on-field) activity cancelled. Alternative activities may be scheduled eg. swimming.

Juniors: All activities cancelled

Sub-Juniors: All activities cancelled

CLUB MERCHANDISE

The club offers a range of official Viking clothing and accessories for purchase.

We endeavor to offer good quality clothing at a reasonable price, but most important of all, we want to see our members wearing the club colours and logo with pride.

Look like a team play like a team

Merchandise includes:

- Polos
- Jumpers
- Jackets
- Shorts
- Footy Socks
- T-shirts
- Bags (can be embroidered for an extra cost)
- Stubbie Holders
- Baseball Caps
- Beanies

A club representative will be available to assist you with your choices on Thursday nights, Friday nights, and Saturday home games.

We also welcome any second hand boots for sale and can sell these on your behalf - these are very popular with the Sub Junior players. Boots must be in good condition and cleaned before we can accept them.

We are always looking for new merchandise ideas or any one to assist with the merchandise - enquiries to Denise Schurgott

Social Events Calendar 2011

SATURDAY MAY 7TH

COUNTRY & WESTERN NIGHT
RIDE THE “BUCKING BULL”

PRIZES FOR LONGEST RIDE & BEST DRESSED!
COME ALONG DRESSED AS A COWBOY OR COWGIRL
AND BE ADMITTED FOR FREE!!

TBA

BLACK AND GOLD BALL
FORMAL FUNCTION
FOOD AND DRINK PACKAGES
(VENUE TO BE ADVISED)

SATURDAY JULY 30TH

QUIZ NIGHT
TABLES OF EIGHT
GET A TABLE TOGETHER AND BOOK EARLY
GREAT PRIZES, RAFFLES & AUCTIONS
\$10 (INCLUDES ONE FREE RAFFLE TICKET!)

SATURDAY JULY 30TH

QUIZ NIGHT
TABLES OF EIGHT
GET A TABLE TOGETHER AND BOOK EARLY

Social Events Calendar 2011

SATURDAY AUGUST 6TH

LADIES DAY!

LADIES ONLY EVENT HELD IN A MARQUEE AT THE
OVAL

WATCH THE GAME ENJOYING DRINKS & NIBBLES

SATURDAY AUGUST 27TH

CLUB NIGHT

CELEBRATE END OF MINOR ROUND

SUPPER & DRINK SPECIALS

DJ / BAND TBA

TBA

SUB JUNIOR / JUNIOR PRESENTATIONS

U8'S—U18'S

DETAILS TBA

TBA

VIKING MEDAL NIGHT

SENIOR PRESENTATIONS A—C GRADE

DETAILS TBA

**PLEASE NOTE: DATES AND TIMES TBA—FURTHER
DETAILS WILL BE MADE AVAILABLE CLOSER TO THE
EVENT**

HVFC Sponsorship

Dear member,

The 2011 football season is about to begin, and behind the scenes the committee, coaching staff, under new Head Coach Matthew Dent, and the players have all been working hard in preparation.

Sponsorship has been going very well and we have not only already signed up a great percentage of last years and long time sponsors of Happy Valley but this year we will be introducing new sponsors that have climbed aboard the Viking Long Boat.

You will notice a new sponsors signage display from late March inside our clubrooms and new sponsors outdoor oval signs to be erected at the same time.

This year my energy will be going towards growing our sponsors businesses from within our membership and their contacts. Sponsorship is so important to our clubs and it means the difference to the fee structure of our football club in comparison to basketball clubs, soccer clubs, softball clubs etc.

For business to continue to support the Happy Valley Football Club it is very important that we promote our sponsors to our families, our friends and our business contacts. We have a very wide range of sponsors many of whom we can use on a daily, weekly or monthly basis. So I would ask of you to please consider our sponsors first when looking for goods and services.

When you do use one of our sponsor's services, identify yourself by showing your membership card or by stating that you are from the Happy Valley Football Club. By doing this our sponsor will be able to log the amount of business that they are receiving from our club which in turn makes future sponsorship decisions easier to make.

Our sponsors this year will not only be invited to club events but will be invited to a sponsor's business lunch, and a mini expo to be held at the club in late May at a home game. This will give the sponsors and our members an opportunity to discuss the services provided. The sponsors will be invited to provide special offers on this day and to hand out information about their products.

If you would like to become a sponsor of the Happy Valley Football club or you know someone who would then please contact me on 0434685119 at any time.

Steve Davenport

HVFC Sponsorship Director

OUR SPONSORS

DROTT SPONSORS (VIKING WARLORDS) \$5000

Elders Real Estate

5 / 230 Main South Road, M/Vale
8382 8388
Joe Maiorana

Lonsdale Paint Suppliers

17 Sherriffs Road, Lonsdale
8322 0030
Steve Turner

THEGN SPONSORS (MATURE VIKING WARRIOR)\$3000

Bartercard

8272 2466
Kevin Dienhoff

Brini Wines

600 Blewitt Springs Road McLaren Vale
8383 0080

CMI Toyota

150 Beach Road, Christies Beach
8382 9000

MEC Crash Repairs

80 O'Sullivan's Beach Rd, Lonsdale
8384 1644
Gordon Clarke

Paint Professionals

3 London Road Aberfoyle Park
0412 578 277
Martin Penney

DRANG SPONSORS (YOUNG VIKING WARRIOR)\$1500

Double Dragon Chinese Restaurant

Hub Drive, Aberfoyle Park
8270 1193
Des Wong

Edwardstown Custom Body Repairs

21 Bennett Ave, Melrose Park
8277 8887
Mel Patterson

Hub Pizza Bar & Café

Hub Drive, Aberfoyle Park
8270 4460
Cesar or Romero

Lakkey Test & Tag

Unit 2/23 Ellemsea Circuit, Lonsdale
8186 7151

Paragon Fitness

Cnr Chandlers Hill Rd & Happy Valley Drive
8381 2275

Precise Driving School

8358 1004

Promotions-R-Us

8352 1753
Steve Davenport

OUR SPONSORS

SKEPARRE SPONSORSHIP (CAPTAIN OF VIKING VESSEL \$1000

Hallet Cove Conveyancers

Unit 6 / 1 Zwerner Dve, Hallett Cove
8387 0900
Geoff Showell

Hub Chemmart

Hub Shopping Centre, Aberfoyle Park
8270 1885
Deborah Madigan

Mt. Loffy Golf Club

35 Golflinks Road Stirling
8339 1805
www.mountloftygolfclub.com.au

Total Tools

5 Sherrifs Road Lonsdale
8322 8288
Gerry Atkinson

Harradine Contracting Demolition

0419 817 969

Hub Photo Shop

Hub Shopping Centre, Aberfoyle Park
8270 3387
Simon & Ros

Telstra Business Services

8241 8555
Damian McCann

HIMTHIKI SPONSORSHIP (ELITE VIKING SOLIDER) \$600

Chicken Hub

0415 595 162
Paul Kaponias

Reynella Fasta Pasta

Cnr Main South and Pimpala Roads
8322 5500
Joseph & Shefia

Jarrow Auto Service

2/30 Eliza Place, Panorama
8374 1014
Steve Rowe

Perks Property Development

P.O. Box 300, Moonta
0409 692 418
Brad Perks

Daily Grind

Shop 2030 Westfield Marion
8296 6333
Warwick Raymond (Dizzy)

Greenbank Can & Bottle Recycling

143 Old South Road, Reynella
8322 6488
Paul & Mark Greenbank

Kensington Financial Services

22 Grivillea Road, Aberfoyle Park
8331 1902
Terry Evreniadis

OUR SPONSORS

HIMTHIKI SPONSORSHIP (ELITE VIKING SOLIDER) \$600

Michael Kenny Antennas

Mob: 0401 926 557

Sign Centre

Unit 2/26 Shearer Drive, Seaford
8386 1091
Lee Cooper

The Professional Tanning Studio

Shop 41—Hub Drive
8270 7442
Nicole Sinclair

Woodcroft Pizza & Ribs

Sherebrooke Boulevard, Woodcroft
8322 4788
Hayden Coulls

Mitre 10 Handy Aberfoyle Park

8270 5270
Norm Hawth

Sports Power Reynella

Shop 9, Southgate Plaza, Reynella
8326 4255
Marriane Madden

Westpac Blackwood

262 Main Road, Blackwood
0429 153 219
Tony Davenport

KARL SPONSORSHIP (VIKING FARMERS) \$500

Bentley Accountants

64 Greenhill Road
8373 1266
Adam Davenport

First Class Accounts

PO BOX 1092 Flagstaff Hill
8270 2276
Hank Middleton

Roof Tiling Repairs & Roof Services

5 St. Vincent Close, Aberfoyle Park
0411 157 903
Tony Gillman

Tubular Fencing

PO Box 190, Clarendon
0413 583 722
Stuart Reeves

Bridgestone Select

255 Main Road, Blackwood
8278 5162
David Caldicott

IDM Sports

1/54 Maple Avenue, Forestville
8371 5794
Ben Porter

Steve Daff Dental Laboratory

Rm 305, 38 Gawler Place Adelaide
0414 855 953
Steve Daff

Please note: new sponsors are being added frequently to the continuous list of HVFC sponsorship. For all up to date details please visit the HVFC website

HVFC SENIOR PROGRAM 2010

| | | | |
|-----------------------|---|------------------------|---|
| Round 1 2nd April | Bye | Round 13 2nd July | HVFC V Cove at Cove |
| Round 2 9h April | HVFC V Pt Noarlunga at HVFC | Round 14 9th July | HVFC V Marion at HVFC |
| Round 3 16th April | HVFC V Morphett Va- le at Morphett Vale | Round 15 16th July | HVFC V Reynella at Reynella |
| Round 4 30th April | HVFC V Christies Beach at HVFC | Round 16 23rd July | HVFC V Noarlunga at HVFC |
| Round 5 7th May | HVFC V Flagstaff Hill At Flaggstaff Hill | Round 17 30th July | HVFC V Hackham at Hackham |
| Round 6 14th May | HVFC V Lonsdale at HVFC | Round 18 6th August | HVFC V Flagstaff Hill at HVFC |
| Round 7 21st May | Bye | Round 19 13th Aug | HVFC V Brighton at Brighton |
| Round 8 28th May | HVFC V Brighton at HVFC | Round 20 20th Aug | HVFC V Morphettvale at HVFC |
| Round 9 4th June | HVFC V Aldinga at Aldinga | 27 th Aug | HVFC V Pt Noarlunga at Pt. Noarlunga |
| Round 10 11 June | Association Game | 3rd Sepr | Elimination Finals |
| Round 11 18th June | HVFC V Edwarstown At HVFC | 12 th Sepr | Semi Finals |
| Round 12 25th June | HVFC V Morphettville Park at Morphettville park | 17 th Sept | Preliminary Final |
| | | 24th Sept | Grand Final |

SFL CLUB ADDRESSES

| | | |
|------------------------|--------------------------------------|-----------|
| ALDINGA | Port Road Aldinga | 8557 7291 |
| BRIGHTON (BDOS) | Highett Ave. Hove | 8377 0472 |
| CHRISTIES BEACH | Christie Ave. Christies Beach | 8382 2213 |
| COVE | Lonsdale Highway, Hallett Cove | 8381 5411 |
| EDWARDSTOWN | East Tce. South Plympton | 8276 1013 |
| FLAGSTAFF HILL | Coromandel St. Flagstaff Hill | 8270 1432 |
| HACKHAM | Doctors Road, Morphett Vale | 838458950 |
| HAPPY VALLEY | Taylor's Road West Aberfoyle Park | 8270 1300 |
| LONSDALE /OSB | Sherriffs Road Morphett Vale | 8382 2424 |
| MARION | Sturt Road Marion | 8296 8504 |
| MORPHETT VALE | Wheatsheaf Road Morphett Vale | 8384 1299 |
| M/VILLE PARK | Denham Ave. Morphettville | 8295 1048 |
| NOARLUNGA | Patapinda Road Old Noarlunga | 8386 0977 |
| PORT NOARLUNGA | Britain Road Port Noarlunga South | 8386 2547 |
| REYNELLA | Oval Road Reynella | 8381 3076 |

HVFC ~ CLUB SONG

I WANT TO BE A VALLEY VIKING

(Captain first; team follows)

I want to be a Valley Viking

I want to live a life of danger

High flyer

Body liner

We're the team that we love best

Especially when we beat the rest

We played (opposition team)

Beat them flying

We played (opposition team nickname)

Beat them trying

Rest are beat but not forgotten

Dig 'em up and drill 'em rotten

I want to be a Valley Viking

We're the best

Stuff the rest