



@Ainslie

black, white and red all over

Tricolours too strong for archrivals Eastlake

By Chris Rourke

In perfect football conditions for both players and supporters, Ainslie took on arch rivals Eastlake for the second time this season. Eastlake - who have improved significantly since the previous meeting and with return of a favourite son in Aaron Bruce - had an air of confidence about them as they ran on to Alan Ray Oval.

The Tricolours were celebrating 150 games for champion rover Ian Lawless, and the match started with some real vigour as both side were intent on getting the upper hand.

Ainslie scored first through the classy Manton and then dominated for the next 20 minutes to lead by 7 goals at the quarter-time break.

The second quarter saw much of the same as Ainslie power forwards Bennett and Salter started to influence the game with some strong marking and accurate kicking, which saw an extension of the lead as the half-time siren went.

The third quarter saw a determined Eastlake take control of the stoppages and in what was their best quarter for the day they outscored their opponents by 2 points to win the quarter.

The last quarter saw both sides attacking as the defensive side of the game was forgotten, But with Ainslie's 6 goals 1 to Eastlake's 3 goals 4 saw the Tri-colours home comfortably by 72 points.

Best players for Ainslie were speedy youngster Liam Griffiths and hard running midfielders Jordy Harper, Nick Heyne and Ian Lawless, with Salter (4 goals) and Bennett (3 goals) doing most of the scoring for the victors.



1. Jesse Manton runs into open goal
2. Ian Lawless (and son Miles) celebrates 150 games. Photos courtesy of Lyndon Hirst.

Making news...

[ACT SSSA team announcement](#)
[ACT U12 team announcement](#)

[Ainslie's Youth on Show in 2015](#)

[150 Games for Ian Lawless](#)

Ainslie Football Club 2015 'Crazy Cash Raffle'

Tickets: 1 for \$20 or 3 for \$50 1st prize - \$20,000 2nd prize - \$3000 3rd prize - \$1000

For more info contact Craig Wallace - 0413 531 270

Drawn: 11 am, Monday 31 August 2015

Soft tissue injuries are the most common injury seen in sport and involve muscle, tendon or ligament. During sport, these structures are damaged from strains, sprains or direct blows. Although soft tissue injury can occur via any of these events, the number one risk factor for soft tissue injuries is having had a previous injury.

Strains and Tears

A strain or tear in a muscle occurs when some or all the fibres fail to cope with the demands placed upon them. Muscles commonly affected are hamstring (posterior thigh), quadriceps (anterior thigh) and gastrocnemius (calf muscle). This is typically because these muscles cross two joints and therefore are more susceptible to injury – hamstring injuries in particular are the single most common injury in AFL.

Strains/tears are often the result of sudden acceleration or deceleration – hamstring injuries commonly occur during sprinting or kicking movements, similarly, calf injuries commonly occur with sudden bursts of movement such as a jumping, hopping, or sudden change of direction.

When these injuries occur signs and symptoms include:

- Sudden onset and immediate pain
- Loss of strength/power
- Inability to weight bear on that leg – pain with walking, unable to run
- Localised bruising and swelling
- Localised tenderness

Sprains

Unlike strains where the muscle is damaged, sprains are injuries to ligaments where an overstretching or tear of the ligament tissue occurs. Ligaments attach bone to bone and consequently are a main stabiliser of joints. Signs and Symptoms for sprains are similar to that of strains/tears but are localised to the joint not through a muscle belly. **RICER** and **No HARM** is again the choice of early management for these injuries, where further assessment and treatment is then required.

Acute Injury Management

RICER

- **Rest:** relative rest for several days following the injury is important, this involves avoiding any painful movements or activities, in this particular stage 'no pain, no gain' is not relevant, once pain has settled, movement is then encouraged to avoid other complications post injury
- **Ice:** there is often a lot of confusion about whether to use heat or ice after an injury, for at least the first 48hours ice should be used regularly for 20minutes stints to help reduce bleeding of the muscle, ice also helps to reduce pain and swelling that is associated with traumatic soft tissue injury
- **Compression:** a bandage or compression sleeve should be worn to help control swelling and bleeding as well as provide support to the area of injury while healing commences, in some injuries depending on severity, tape or a brace may be of more benefit
- **Elevation** – this helps to reduce swelling as gravity encourages fluid to settle at the lowest point, ideally you want to rest the area that's injured in a position where it is above the level of your heart
- **Referral** – a late addition to the standard 'RICE' protocol, the R is for referral whether this be to a physiotherapist or GP for further investigation or commencing treatment and a rehabilitation program

No HARM

- **Heat:** causes the blood vessels to dilate which causes increase blood flow and subsequently increases bleeding of the injured area, avoid hot showers, baths, no wheat bags, hot water bottles or heat rubs
- **Alcohol:** similarly alcohol can increase swelling locally, it is to be avoided
- **Running:** also increases blood flow to the area but also activity too soon can aggravate or worsen the injury
- **Massage:** this will increase swelling and bleeding locally and is thus too contraindicated

Once early management has been achieved, the most important thing with soft tissue injuries is to ensure adequate rehabilitation. Professional guidance is recommended for both accurate diagnosis and full rehabilitation to help avoid re-occurrences.

When should treatment commence?

Treatment can and should commence within the first few days after an injury has occurred. Evidence suggests that early intervention is beneficial in the repair of soft tissue injuries. Benefits include:

- Pain relief
- Improving repair of scar tissue
- Strengthening injured area with appropriate exercise prescription
- Reducing the time it takes to return to sport
- Improved performance on return to sport

What if nothing is done?

The evidence regarding untreated injuries suggests that they will take longer to heal and players are more likely to have ongoing issues or reoccurring injuries that leave you with:

- Abnormal scar tissue formation
- Joint stiffness
- Muscle weakness
- Poor proprioception

The longer the symptoms are present the longer it takes to resolve the injury. So really the sooner you get on top of your injury the better your outcomes will be.



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Please call Craig Wallace – 0413 531 270

Coaching the long game

By Justin Foley

With the junior season in full swing, Rising Stars coach Justin Foley's article is a great reminder of how we can all contribute to creating a positive footy environment for our junior players.

Coaching is a rewarding business when you focus on helping players and teams get the most out of the game. As coaches we need to be clear on the skills we want players to develop, the style of play we want the team to adopt, and the attitude we want to take into the game. While the coaches set the tone, they need everyone on side to be successful.

If we measure success in terms of wins and losses the season becomes a roller coaster ride for all involved. The focus on scoreboard is a blunt measure and it is also easy to miss the positive elements of an individual, group or team effort that signals real progress.

Creating a positive learning environment is the key, whether you coach a junior side, the Ainslie NEAFL side or in the AFL. Paul Roos, AFL premiership coach with the Sydney Swans and current Melbourne coach, said recently that he wished there wasn't a scoreboard at Melbourne games because players tended to measure themselves against the score rather than the real improvement they were making on individual and team scales.

The senior club welcomes kids graduating out of juniors and is more interested in their work ethic, character, skill level and understanding of the game than premierships won, goals kicked or trophies accumulated.

Getting the emphasis right starts with the coach and requires the support of parents and players. If one is out of step with the other a positive environment is difficult to achieve.

So what can coaches do to make sure we get the focus right?

I suggest starting with a clear statement of what is important for the group. The club values are a good starting point.

In the older age groups the players should be setting these with guidance, whereas for the younger age groups the process is really about clarifying the coach's focus. Age-specific goals are critical and should tend toward basic skill development, participation, positive team behaviours and parent involvement.

Sunday 21 June is Global Motor Neurone Disease (MND) Day

Join the Canberra walk to raise awareness and funds for an MND cure. [Register here](#) and type in 'Ainslie FC' under Company Name to enter as part of the Ainslie team supporting this very worthy cause.

The current U18 group have set their 'trademarks' over the last three years and take time to reflect on how they are going against values through the season with a stop, start, keep session a couple of times through the year – no coaches involved.

Be clear about the style of play you are looking to have the team play and the ball skills and game sense you are looking to develop in individuals and the group. Commit all of this to paper and make sure it is understood and agreed to by players and parents.

Link training to these skills and make sure your communication at pre-game, quarter and half time and post-game is focused on the things we are trying to implement in the game rather than focusing on the scoreboard, umpiring or something the opponent did. Make sure you are realistic and focus on what the kids did do well and can do next time rather than what they should have done or didn't do.

Draw on all the Club's resources to focus on the less skilled players in the group as this is always where the improvement in team performance comes from and increases the individual's enjoyment. Having parents to assist with training helps free the coach to do this. In the older age groups we can offer better players the opportunity to take on teaching roles.

Most of all be consistent in your message, predictable in your behaviour, don't overcomplicate and accept that things will go pear shaped from time to time.

At Ainslie we aim to provide the individual players and teams with the skills game sense, work ethic and positive attitude to the game to compete. Coaches have a big role to play in setting the tone but need everyone's support to create the right environment. The results will come if we focus on the long game and consider the big picture reasons for coaching, playing and supporting junior football at Ainslie.

ENJOYMENT
PARTICIPATION
SKILL DEVELOPMENT
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Ainslie Junior Football Club

Family Trivia Night Fundraiser

DATE: Friday
19th June, 2015

Come along for a fun night of trivia and help us raise funds for the everyday running of our Junior Club, and to support our players selected for Junior Representative Football.

TIME:
7.00pm for a
7.30pm kick off

COST: \$20.00
per person
includes pizza for
table

TICKETS: To secure your place and book your table, email your name and table request to Shelley Jacobs, our Trivia Night Coordinator, at trivia-night@ainsliefootball.com.au

VENUE:
Ainslie Football
Club

TABLES:
10 people per
table

We will have loads of fantastic prizes and silent auction items up for grabs!

CONTACT:
Shelley Jacobs
0418 549 770

Of course, nights like these cannot succeed without the support of many people and businesses. If you have friends or family who may be interested in supporting our night with donations of any kind, please contact Shelley on 0418 549 770 for our official donation request letter.

We look forward to a fun and successful night!



This weekend

Ainslie Seniors

Saturday 13 June

NEAFL Round 10

Ainslie v Sydney Uni, 12 pm Henson Park

AFL Canberra Round 6

Ainslie v Queanbeyan Tigers at Alan Ray Oval Ainslie

Rising Stars	10.00 am
Division 2	12.00 pm
Division 1	2.15 pm
Women's	4.15 pm



Ainslie U14 players Rhys Harmer, Tommy Muir, Gabe Sheffield and Harrison Smith were the first cabs off the rank to help out Cooma Snowycats as part of the 'Cooma Connection' arrangement.



The U10s 'pink up' for breast cancer awareness

Ainslie Juniors

Round 6

Saturday 13 June

U10s Ainslie Red v Calwell Swans, 9.15 am, Mackillop Oval
Ainslie Black v Belconnen Cougars, 9.15 am, Aranda 206

U11s Ainslie Red v Belconnen Cats, 10.30 am, Aranda 206
Ainslie Black v Tuggeranong Bulldogs, 10.30 am, Gordon 104

U12s Ainslie Red v Calwell Swans, 12.00 pm, Mackillop Oval
Ainslie Black v Belconnen Cats, 12.00 pm, Aranda

U13s Ainslie Red v St Edmunds, 9.15 am, Reid
Ainslie Black v Queanbeyan, 9.15 am, Town Park

U14s Ainslie Tricolours v Queanbeyan Tigers, 10.45, Town

U15s Ainslie Red v Magpies, 12.15 pm, Kippax
Ainslie Black v Marist, 12.15 pm, Lindwall Oval

U17s Ainslie Tricolours v Eastlake Demons, 9.15 am, Startrack Oval

Sunday 14 June

Youth Girls

Ainslie Red v Magpies, 10.00 am, Kippax
Ainslie Black v Queanbeyan Tigers, 11.30 am, Kippax

Next @Ainslie - Wednesday 8 July
Email your feedback, photos and stories to

newsletter@ainsliefootball.com.au