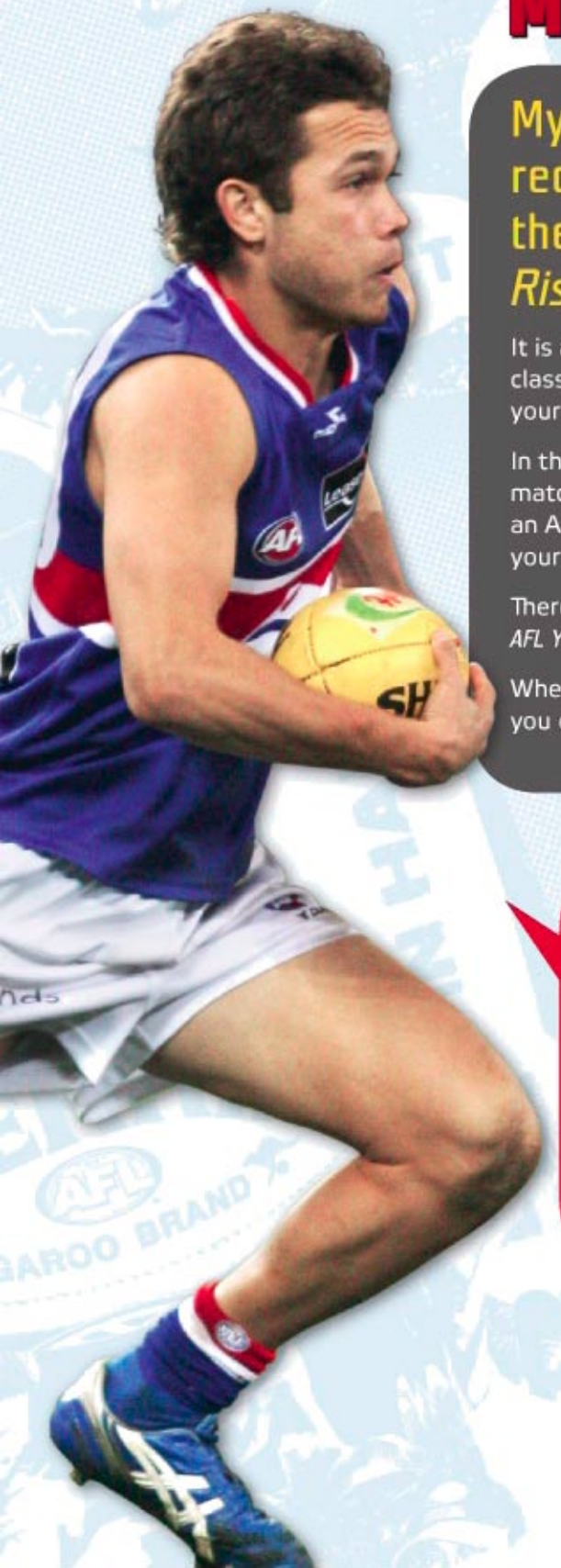
MY FOOTY RECORD



My Footy Record is your personal record of your experiences during the *AFL YOU CAN KICK GOALS – Rising Stars* program this year.

It is a student workbook where you can complete your classroom tasks and, at the same time, follow and support your favourite AFL football team and players.

In this workbook, you'll take on exciting roles such as a match day reporter, a chairman of selectors, a club historian, an AFL Grand Final marketing coordinator and a leader in your school.

There's also a terrific chance to win prizes in our *AFL YOU CAN KICK GOALS* nationwide competition on page 46.

Whether it be in the classroom or at home, we hope you enjoy learning about the messages in this program.

"I pride myself on the respect I have for the person I am, how I was raised and how I respect others."

JARROD HARBROW, WESTERN BULLDOGS

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MY FAIR PLAY RULES

PLAYING FAIR IS TO:

1. Play by the rules and in the spirit of the laws of the game.
2. Always abide by the decisions of umpires and officials.
3. Make no criticism, either by word or gesture, of the umpire, your teammates, the supporters or the opposition on or off the field.

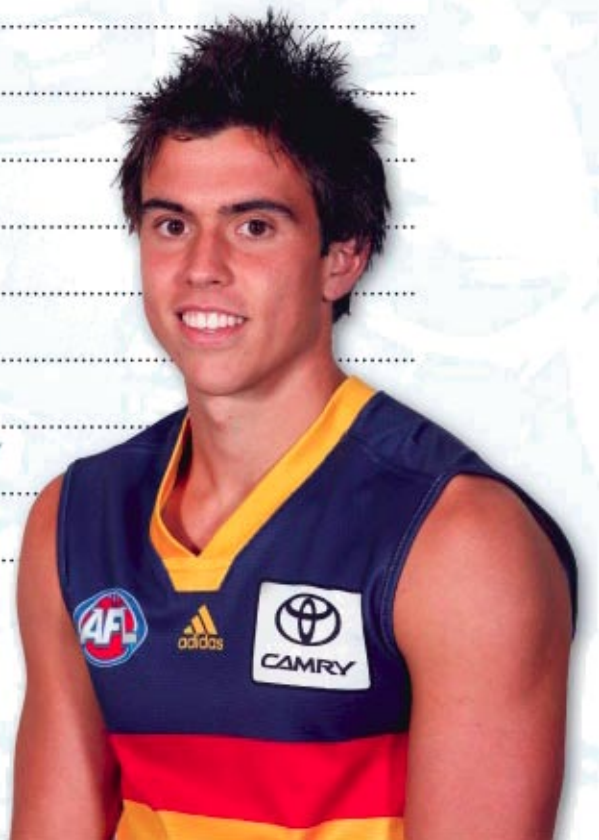
"Never disrespect the spirit in which the game is played just to beat your opponent. In short, never do something to anyone that you couldn't handle being done to you."

NICK DAL SANTO
ST KILDA

ACTIVITY TITLE: .....

I respect myself by ensuring that I get the most out of myself at every opportunity. I treat other people with the same respect that I have for myself."

BRAD SYMES, ADELAIDE



ACTIVITY TITLE: .....

"There are many types of leaders. Some lead by example with their actions and behaviour, while others lead by strong communication and advice."

SAM MITCHELL, HAWTHORN

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ACTIVITY TITLE: .....

"If you are being discriminated against because of your colour, gender, religion or cultural background my advice is to ignore it. If you do, you will be the bigger person."

NICK MALCESKI, SYDNEY SWANS

MY RESPECT RULES

SHOW RESPECT FOR YOURSELF AND OTHERS BY:

1. Abiding by the rules of the game and playing in the spirit of fairness.
2. Treating all players as you would like to be treated.
3. Always doing your best.
4. Wearing your uniform with pride.
5. Showing appreciation for good play whether it's from your team or the opposition.
6. Being modest in victory and gracious in defeat.

"I talk to people no matter who they are. Show people you care even if you have little in common with them. You should always treat people the way you would like to be treated."

HARRY O'BRIEN, COLLINGWOOD

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ACTIVITY TITLE: .....

"People are different from you in many different ways–race, religion, gender and age. Accepting them for who they are is just as important as being accepted for who you are."

RUSSELL ROBERTSON, MELBOURNE

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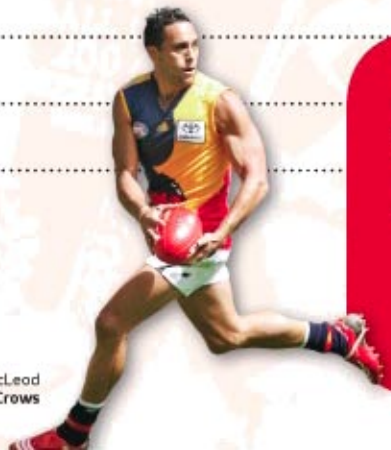
ACTIVITY TITLE: .....



Andrew McLeod
Adelaide Crows

"There is no excuse to belittle another person because you feel they are different. You only let yourself, your parents, your club and the game down."

JOHN MEESEN, MELBOURNE

ACTIVITY TITLE: .....

"I was seen as a leader when I was playing junior football. It made me feel important. Having that expectation also meant that I needed to work hard to be a good leader and guide the team in the right direction."

DYLAN ADDISON, WESTERN BULLDOGS

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MY TEAM RULES

A GOOD TEAM PLAYER:

1. Always tries his/her best for the team and themselves.
2. Is proud to be part of the team.
3. Always listens to the coach and supports his/her teammates.
4. Never lets the team down with unsporting behaviour.
5. Always attends training and is on time for the game.

"A good team player is one who puts the team and the team's needs before their own. He or she is selfless on and off the field."

BRETT KIRK, SYDNEY SWANS

ACTIVITY TITLE: .....

"Everyone is brought up differently but everyone is equal. Respect others for who they are."

SAM ILES, COLLINGWOOD

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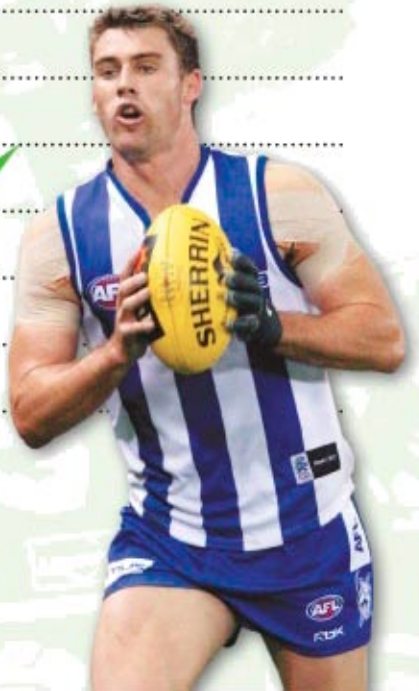
ACTIVITY TITLE: .....

"The Kangaroos of 2006 didn't reach their potential because we were a team of individuals on the field. The greatest thing about the group, however, was that we never fell apart off the field. With the commitment of the whole group, we were able to turn things around in 2007 and 2008."

DANIEL PRATT, KANGAROOS



ACTIVITY TITLE: .....

"Every team member needs to be a leader. Everyone can drive team expectations and culture."

NATHAN FOLEY, RICHMOND

MY HARMONY RULES

A GAME IS PLAYED IN HARMONY WHEN:

1. Everyone–players, umpires, coaches, officials and volunteers–are treated equally and respectfully.
2. Everyone has a chance to play, irrespective of ability, gender, religion or culture.
3. Every player is respected for his/her efforts.
4. Playing for fun and improving skills are just as important as winning.

"People who witness bullying must stand up and say something. How would you feel if you were being bullied and others watching did nothing?"

LUKE HODGE, HAWTHORN

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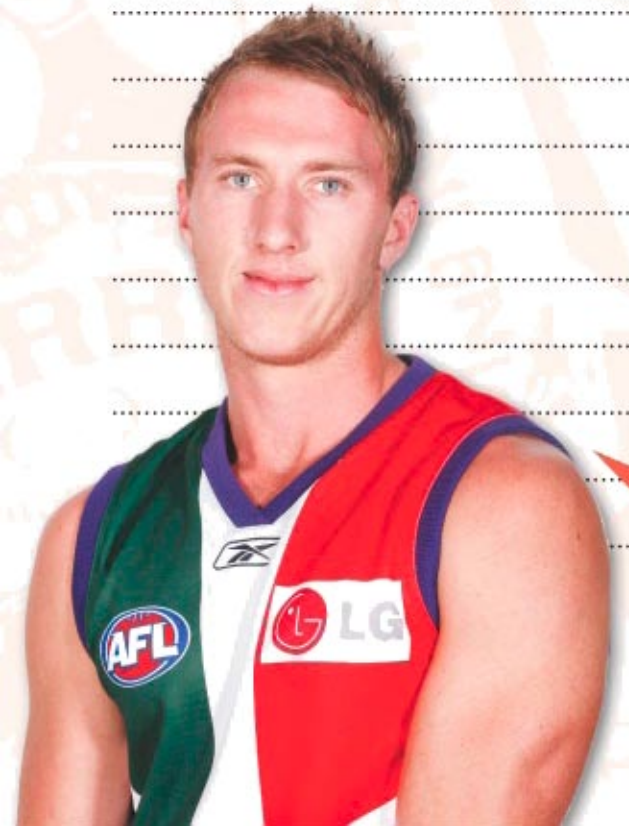
ACTIVITY TITLE: .....



"Do the right thing and help others. Bullying doesn't impress anyone. You won't make friends by being a bully. It is not socially acceptable."

CHRIS SMITH, FREMANTLE

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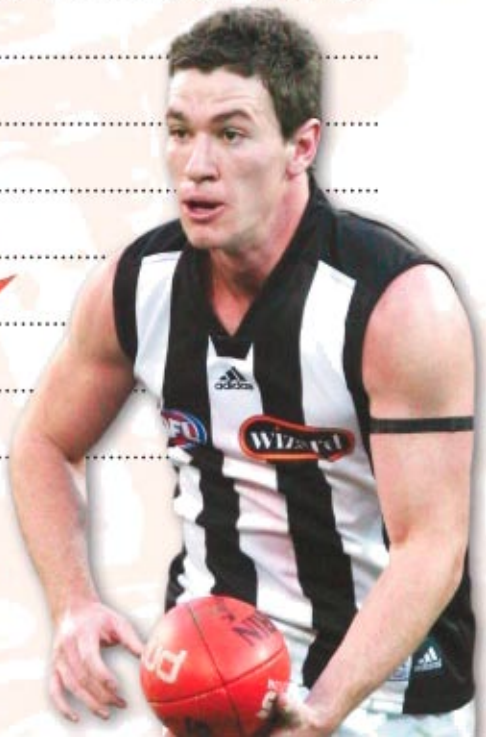
ACTIVITY TITLE: .....

"If you don't respect what you are doing and who you are doing it with you will never succeed. To be positive and enjoy what you do, and who you do it with, is the key to success."

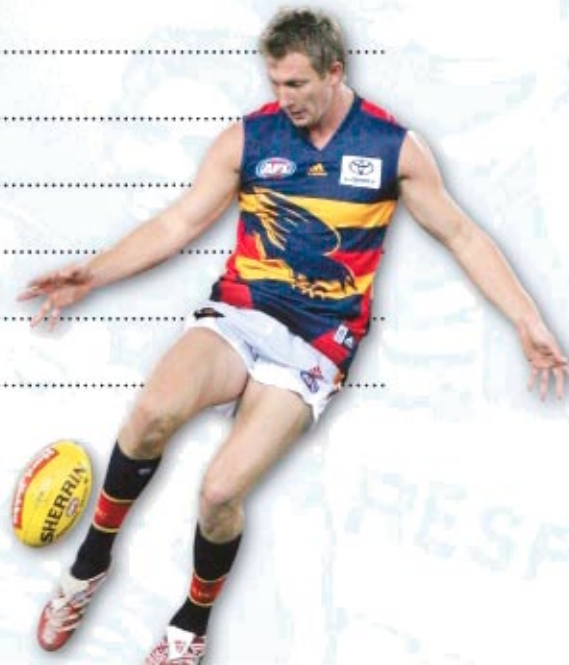
DANNY STANLEY, COLLINGWOOD



ACTIVITY TITLE: .....

"There have been times on the field where I have had to step up as a leader. It made me feel good because I felt a sense of achievement to know that I could do it."

NATHAN BOCK, ADELAIDE CROWS



MY LEADERSHIP RULES

A GOOD LEADER:

1. Is any team member who sets a good example.
2. Always helps his/her teammates, coach, officials and volunteers.
3. Never blames others for his/her performance.
4. Is always determined to do better next time.
5. Is proud of who he/she represents, whether it be himself/herself, club, school or the game as a whole.

"A good leader is a person who respects themselves and others. They are good teachers, listeners and learners. They always set the example through actions and not only with words."

CHAD CORNES, PORT ADELAIDE

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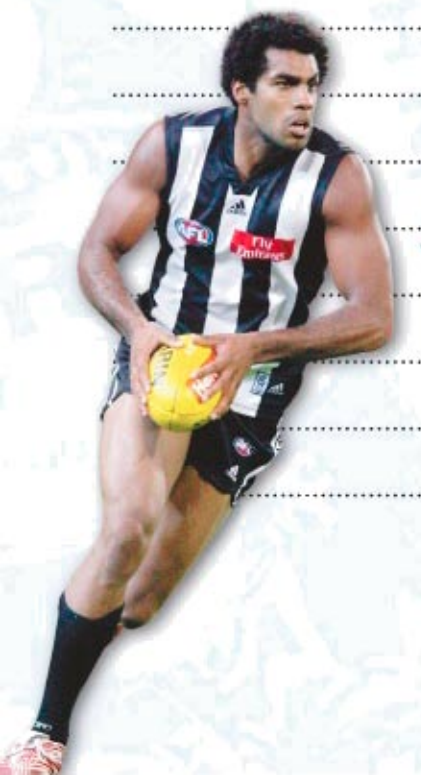
ACTIVITY TITLE: .....



"When you shake your opponent's hand after the match, make sure you look him/her in the eye and say 'good game'. Win or lose, this action will say a lot about you and what you stand for."

HARRY O'BRIEN, COLLINGWOOD

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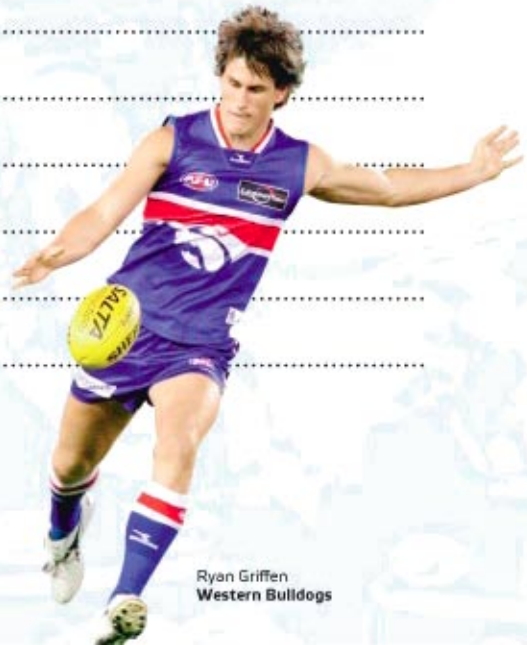
ACTIVITY TITLE: .....



Ryan Griffen
Western Bulldogs

ACTIVITY TITLE: .....

"If you are to achieve all that you want to achieve and be respected, you need to play hard but also play fair."

JOEL COREY, GEELONG

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