

# AFL Community Development Newsletter



June 2010 - Volume 2

The latest news, information and resources for AFL community football players, coaches, umpires, administrators, volunteers and supporters.

## Manage Your Club



### How does your club support umpires?

What do you or your club do to recognise and respect umpires on match days? Tell us and you could win some great prizes courtesy of OPSM. [\[more\]](#)



### Going Digital

How grassroots sports can use websites and social media. [\[more\]](#)

[More Manage Your Club News](#)

## Coaching



### Mid Season Training is not just about Fitness

John Quinn explains that once your side reaches the middle of the season, training must be structured to ensure fatigue does not affect player performance. [\[more\]](#)



### Moving Beyond Optimal Performance to Developing the "Well-Rounded" Footballer

Athletes, coaches, sport administrators, and their media widely acknowledge the importance of mental toughness as a key ingredient of optimal performance. The AFL is supporting a University of Queensland research project aimed at... [\[more\]](#)

[More Coaching News](#)

## Play AFL



### NAB AFL Under-18 Championships - 'It Starts Here'

See the future stars of AFL during the NAB AFL Under-18 Championships in Melbourne during the next week. [\[more\]](#)

[More Play AFL News](#)

## Umpiring



### Effective Communication with Umpires

Brian Woodhead (VAFA - Field Umpire Coach - Cadet Squad) discusses the importance of varying communication mediums and styles to effectively communicate with all members in an umpiring group. [\[more\]](#)

### Skill Drills for Umpires Training



AFL Community Club provides drills and skills for umpire coaches to consider including in their training sessions. [\[more\]](#)

[More Umpiring News](#)

## Volunteering

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### Why do people volunteer?

Understand why people volunteer at your football club to better structure your volunteer recruitment and ensure you place them in roles that match their purpose for volunteering. [\[more\]](#)

[More Volunteering News](#)

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