



# GLASGOW **SHARKS**

## INFORMATION PACK



# Australian Rules Football needs you!

The Glasgow Sharks are always looking to recruit players to join the club and when we say no experience necessary, we really mean it!

The Sharks play in the Scottish Australian Rules Football League, we also run our own internal league (Caledonian Australian Football League) in Glasgow and play friendly games throughout the year, including the renowned "Post Code of Origin" game in the autumn.

You don't need to have played before and we offer opportunities for all levels of ability and experience for juniors, women and men.



## What is Australian Rules?

Footy, as we call it, is a team sport played with an oval ball which involves handballs, kicks, running and marking (catching the ball). There's much more to it than that but you'll learn as you go.

## Why play?

Australian Rules Football provides a great opportunity to play a team sport and the Glasgow Sharks offer the chance to do that at whatever level you're comfortable with.

If you want to be a part of a club and team, improve your physical fitness, learn something new, meet new people or try a different sport then it offers all of those things and more.



## What our players say

**"I came to play footy as my career in another sport was winding down. It was like being a kid again, learning something from scratch but the coaching and support I've had has helped me go from knowing nothing to playing for the club in regular games."**

**"I wasn't sure what to expect having only seen it on TV years ago. I found you could come in and learn to play regardless of your fitness levels or understanding."**

**"There are opportunities to just train with the team, play in friendly games on a Sunday, play in the CAFL league or the Scottish League."**

**"It's been such a welcoming club, people are really friendly and everyone helps each other along."**



# FIND YOUR GREATNESS

**#MARCHINGONWARDS**

## A word from our coach



A sport for ALL, that's the great thing about Australian Football, no matter your size big or small there's a position and place for you on a footy field.

Even more so at the Glasgow Sharks we believe that we genuinely offer something that will suit everyone.

We have players with all levels of experience from those that have never seen or played the sport (or any sport for that matter) right through to those that have played 'State level' in Australia. As a Club we pride ourselves on our 'Community, Family feel' and inclusiveness.

We cater for male and female players ranging from 5 years to 47 years old at the moment but you're never too old to come along and try a new sport. We have Junior's , Women's, Men's & Mixed teams, we have our own local League as well as participating in Scotland's National completion and we have produced over 40 players who have went on to represent Scotland at international tournaments all over Europe in recent years, that's more than 6 times the players of any other Club , making us a true destination Club for those taking the sport seriously.

Don't worry we don't expect that everyone wants to play for Scotland either, you may just want to have fun and stretch the legs while doing so and that's fine with us it's why we offer such a variety of options for Leagues, games and levels to play at, so that everyone feels they belong .

So whether you're just looking for something different, you want to keep fit or get fit, whether you're serious about Sport or simply want to come along and enjoy the social aspects and camaraderie that Footy brings, what's stopping you ? It's free to try for the first month too.

Look forward to seeing you at training!



## What the Sharks offer

We train twice a week, Tuesdays and Sundays and provide new and existing players with coaching at a level they are comfortable with.

Throughout the year we play friendly games that allow players to learn and work on skills. We also run the Caledonian Australian Football (CAFL) League which is made up of players within the club. The CAFL runs over the course of the year starting with our cup tournament in January then progressing to the league play before culminating in the CAFL Grand Final around October each year. Don't forget the Post Code of Origin matchup in the late summer – always a great encounter!

In the long Scottish winters we train indoors but we play our games over the course of the year outdoors, mostly at our home ground at GHA Rugby Club in Giffnock or at Victoria Park in Scotstoun.

We also run team social functions including quiz nights and our big team fundraiser, the team Race Night. The season closes with our team awards night around October

## What does it cost?

The good news is you don't need to shell out on playing kit and equipment, we'll provide this for you on game days. A gumshield and boots will see you through.

The first month is free and membership options which can be paid flexibly. As a team member this entitles you to:

- Over **100** sessions (includes games, indoor and outdoor training) with dedicated coaches
- All training and gameday costs (pitches, training venues) and use of team kit for games
- Free access to the gym at GHA Rugby Club
- Entry to all our social events and functions

## Where do I sign?

You don't need to sign anything yet! Get in touch with us and come down to a training session to see if its for you. If you enjoy it, after the free first month you can sign up then.

To find out more visit our website at [www.glasgowsharks.co.uk](http://www.glasgowsharks.co.uk) or look for us on Facebook under "Glasgow Sharks Australian Rules Football Club" ([www.facebook.com/GlasgowSharks](https://www.facebook.com/GlasgowSharks)). You can always contact the club at [info@glasgowsharks.co.uk](mailto:info@glasgowsharks.co.uk) too!



[www.glasgowsharks.co.uk](http://www.glasgowsharks.co.uk)